



SMALL SIDED GAMES



SMALL SIDED GAMES

Theory

1. Why Small Sided Games?
2. Learning Outcomes
3. Environment
4. Differentiation through 'STEP'
5. Multi-ball

Practical

1. Varied Set-ups
2. Safe-zones
3. Overloads
4. Pitch Shape



SMALL SIDED GAMES

WHY SMALL SIDED GAMES?

- The major advantage of small sided games over larger sided games (e.g. 9v9) is that every player has more direct involvement in the game. Each player completes more individual actions (e.g. Touches, Passes, Shots, Tackles etc)
- We recommend 4v4 as an ideal number of players.
- This is because the complexity and principles of game-play remains but players have opportunities for direct involvement.
- 4v4 retains the attacking principles of width, depth, forward movement and decision-making
- It also involves principles of defending such as, cover, tracking runners and preventing forward play.



SMALL SIDED GAMES

LEARNING OUTCOMES

- When playing Small Sided Games the learning outcomes are endless.
- If the Learning Environment is positive and appropriate, Small Sided Games provide vast opportunities for both Skill Acquisition and Skill application to occur through experimentation.
- The stipulations built into the games aim to reproduce match occurrences, creating scenario's which initiate Problem Solving and Decision Making.
- Technique (unopposed) and Skill (partially opposed) practices remain imperative to player development. Ideally, these Small Sided Games are used to supplement them and enhance the development of the learner.



SMALL SIDED GAMES

ENVIRONMENT

- The primary aim of any Small Sided Game must be to provide opportunity for expression and experimentation in a safe, structured environment.
- The role of the coach is to reinforce the importance of enjoyment and trying new things as opposed to winning, rewarding good team and individual skill/play.
- All solutions should remain Player-led.
- Players must feel comfortable making mistakes and be given the opportunity to rectify them before coach intervention.



SMALL SIDED GAMES

DIFFERENTIATION - Using the 'STEP' Process

- Things you can modify to adjust the complexity of the game:

1. SPACE – Size/Shape of the Area/Pitch/Zone.
2. TASK – Size of goal, Conditions, Individual tasks
3. EQUIPMENT – Size/Type of ball
4. PEOPLE – By increasing/decreasing the number of players



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SPACE

- Changing the size of the area will change the space available.
- If you make the area bigger it will provide more space for the players. This will generally give players more time on the ball.
- It provides more opportunities to dribble/run with the ball.
- Small areas increase demands on 1st touch and close control
- **However**, if the area is bigger it usually becomes tougher physically as there is more ground to cover.
- Also a bigger area usually means that passing distances become greater so technically it becomes tougher.



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TASK

- Changing the task can alter the difficulty of the session.
- You can change the task individually and/or for everyone.
- By implementing individual restrictions/conditions you can challenge each individual differently, catering for their specific needs.
- Using a similar method you might make it easier for certain individuals by changing their task.
- The addition of **Safe-Zones** can help meet individual needs.
- **Overloads** can be used to provide a different level of challenge for different people



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EQUIPMENT

- By changing the equipment, it is easy to vary the difficulty of the session.
- An easy way of doing this is by changing the Size/Type of ball being used.
- If you use a small ball it will be more difficult to deal with the ball.
- Sometimes though with very young/small players a small ball will make the task easier due to the lack of strength for techniques such as shooting.
- This is a good way of differentiating individually as within the same session the difficulty of the task can be changed by making the players who are striving ahead use a small ball.



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PEOPLE

- Usually, the more players in a game, the more complex the game becomes.
- This is because for every extra player added the more decisions need to be made. Whether its on the ball or off the ball, defensively or offensively.
- Also, it is also important to remember that the more players you add, the less touches each player gets. Within the 5-11 age bracket especially, it is essential that every player has the maximum opportunity to get on the ball within game situation.
- Increase numbers gradually. Don't jump from 4v4 to 11v11.



SMALL SIDED GAMES

MULTI – BALL

- You can vary the no. of balls in the game to change the concept/focus.
- It is a good means of engaging the whole group when the range of abilities is vast.
- E.g. by adding a ball a 4v4 can become two 2v2's or a 2v1 and 2v3 etc.
- When a second ball is added, the number of individual actions increases dramatically. Individual actions meaning touches, passes, shots, tackles etc.
- We suggest that there should be one ball max per player on a team e.g. In a 4v4 there should never be more than 4 balls on the pitch at one time, preferably 2 or 3 max.
- **It is vitally important to enforce a head height rule for safety.** If a player is watching one ball he may get hit off the other one. If the ball is kept on the floor then this prevents head injuries.



SMALL SIDED GAMES

PRACTICAL



SMALL SIDED GAMES

PRACTICAL CONTENTS

1. TEMPLATE
2. PITCH DIMENSIONS
3. VARIED SET UPS
 - 1 PITCH – (2 TEAMS)
 - MULTI-PITCH – (2 TEAMS)
 - 1 PITCH – (3 TEAMS)
 - 1 PITCH – (4 TEAMS)
 - 1 PITCH – (4 TEAMS & 2 GAMES)
3. SAFE - ZONES
4. OVERLOADS
5. PITCH SHAPE

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PITCH



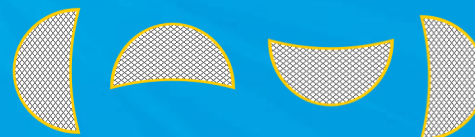
PLAYERS



CONES



GOALS (PUGGS)

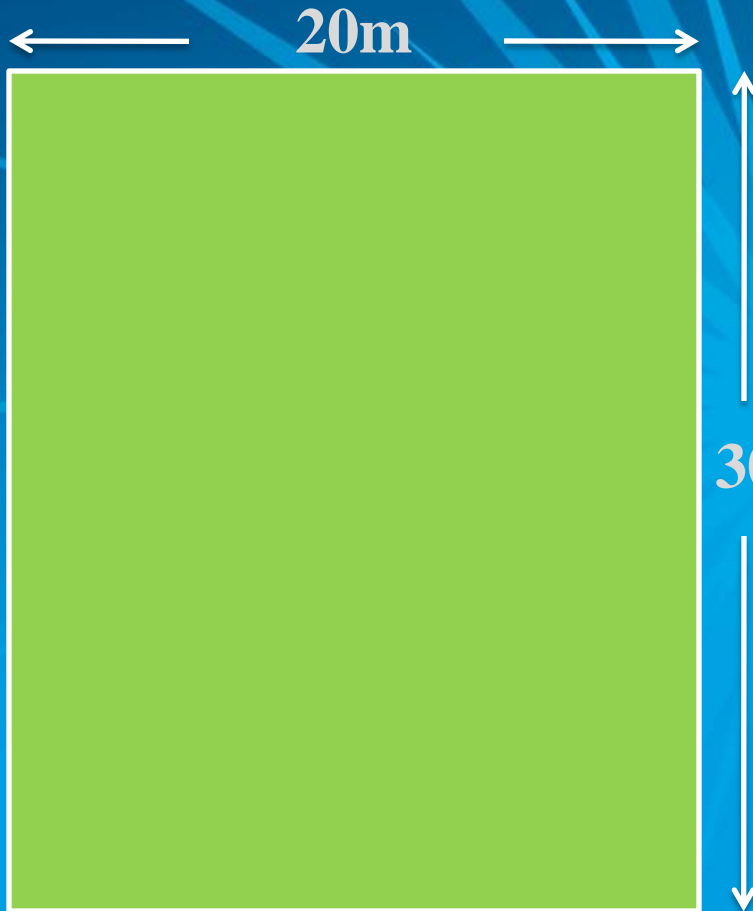


LINES



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PITCH DIMENSIONS



- ***The dimensions are only a guide.*** Please use a size area which you feel is appropriate for the age/ability of your players.
- Obviously smaller pitches are more appropriate for smaller players.
- Also, games with larger numbers or more than one game going on may need a bigger area.
- All of these are based on roughly 20m x 30m.

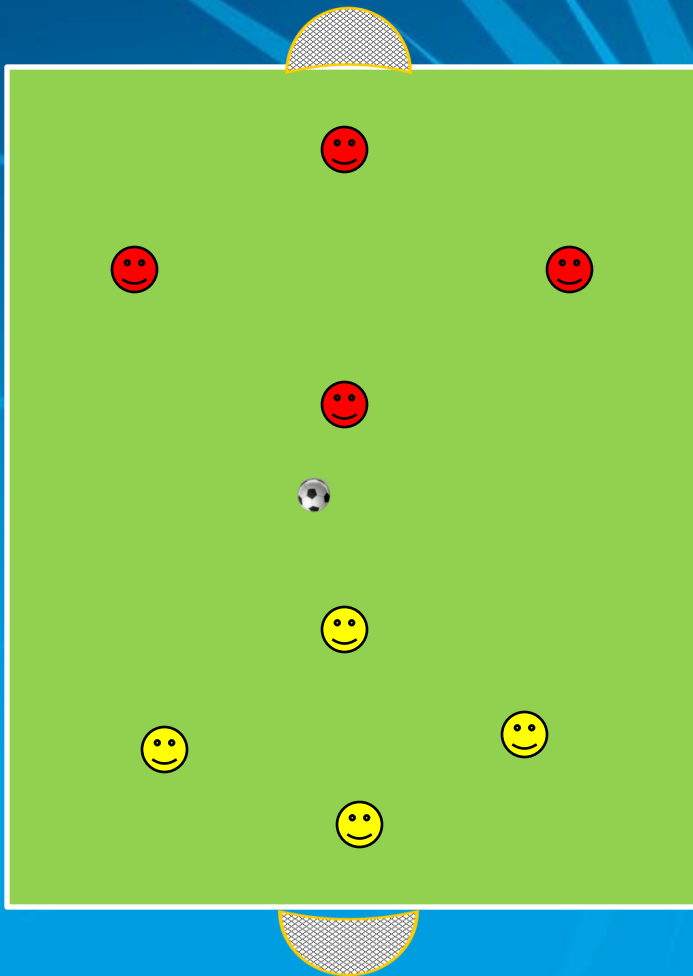
For more info on appropriate pitches sizes go to Differentiation page - [SPACE](#)



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1 PITCH
2 TEAMS

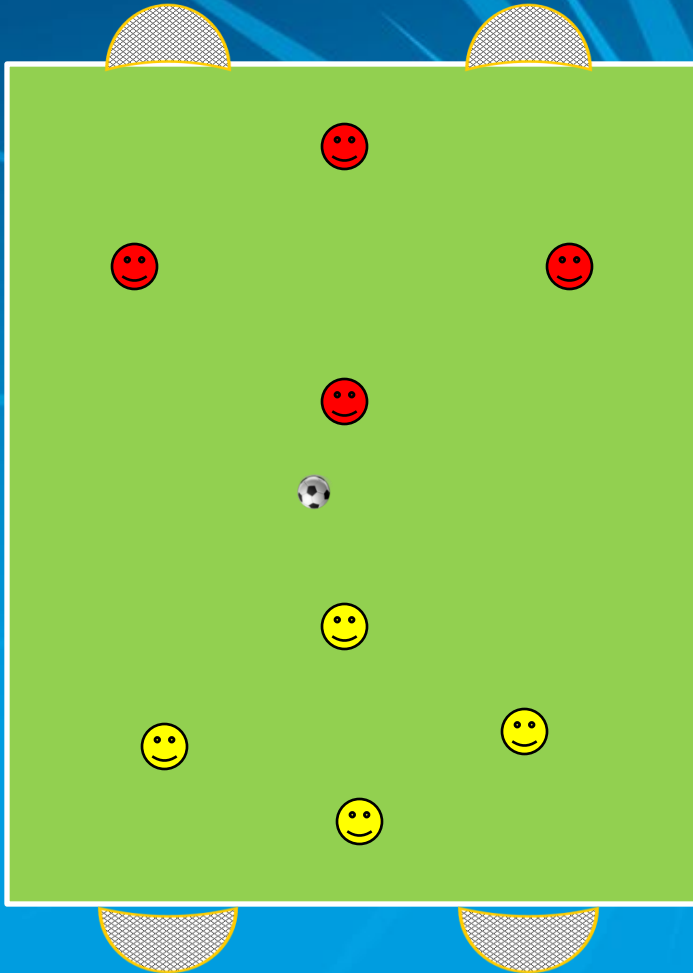
SMALL SIDED GAMES



ORGANISATION

- 4v4 With/Without GK. 1 Goal each.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.

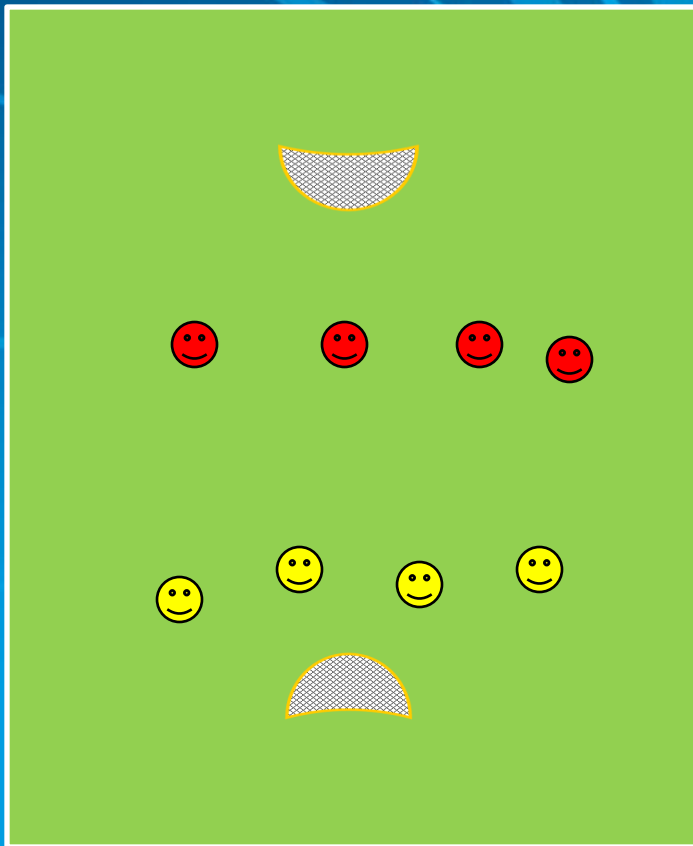
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.

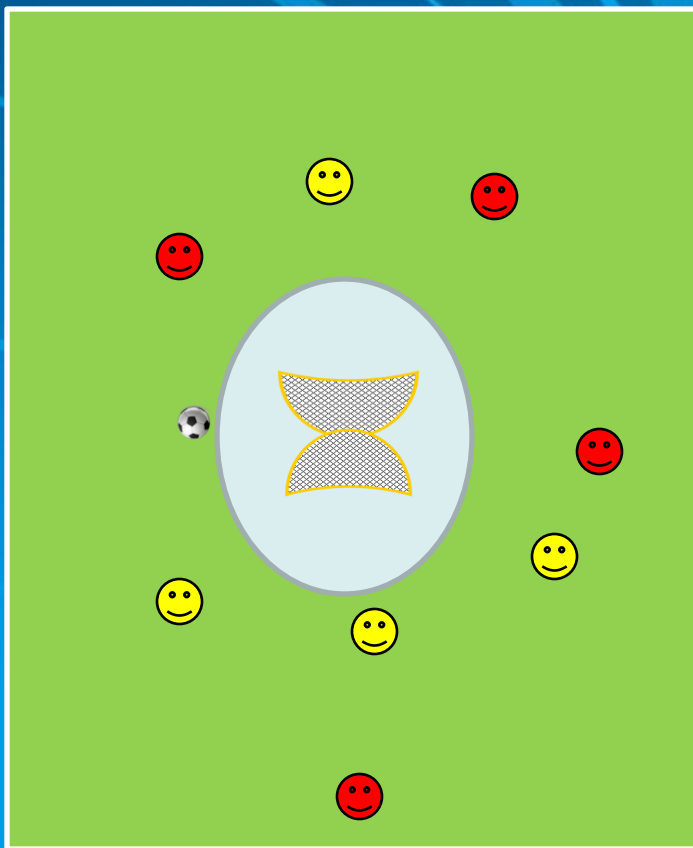
SMALL SIDED GAMES



ORGANISATION

- 4v4 With/Without GK. 1 Goal each.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Must score from round the back of the goal.

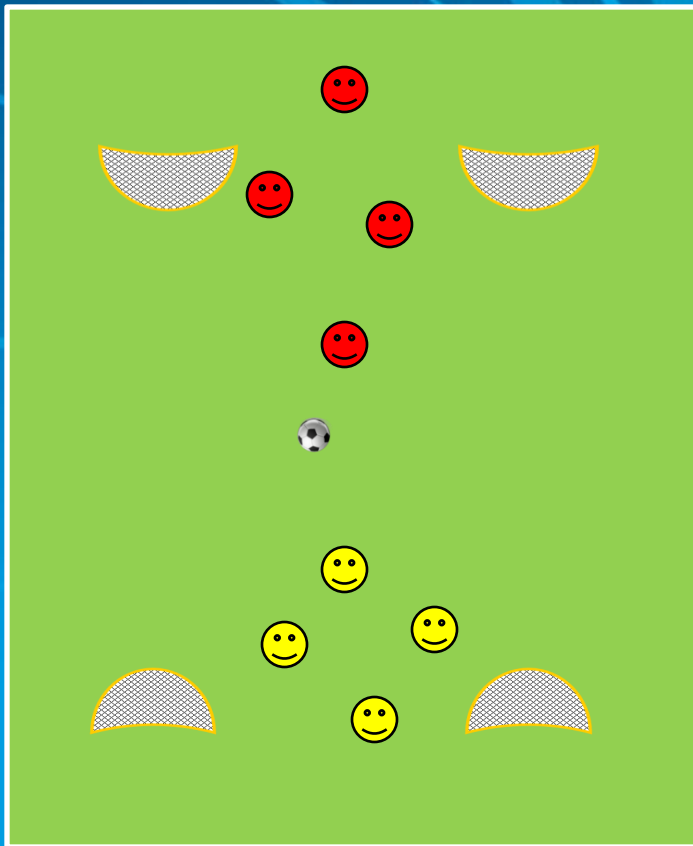
SMALL SIDED GAMES



ORGANISATION

- 4v4 With/Without GK. 1 Goal each.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Must score from round the back of the goal.
- Must stay out the circle (unless ball is dead e.g. Goal)

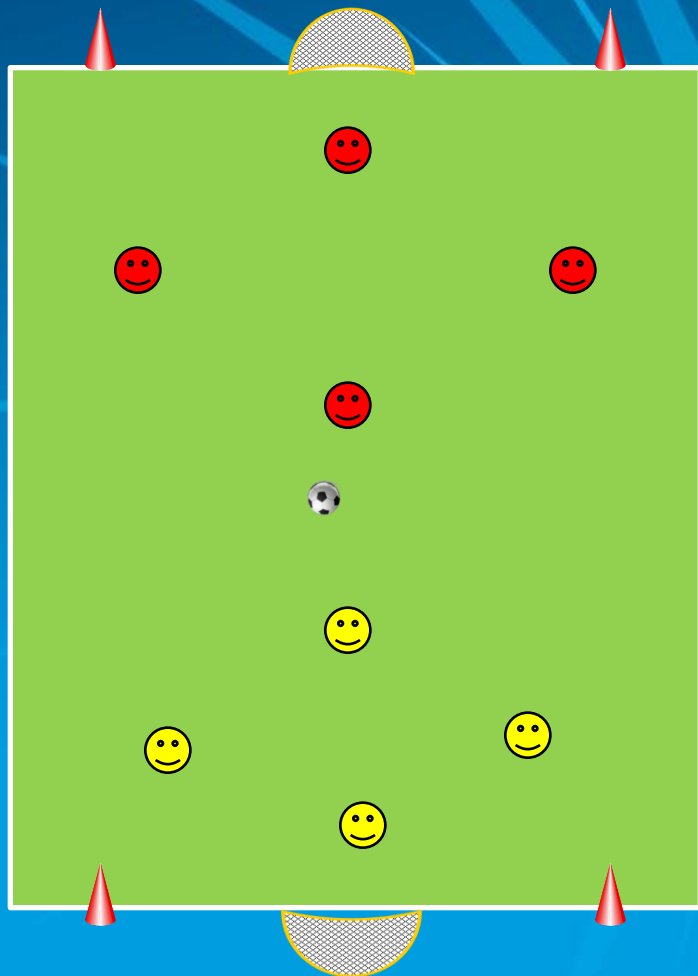
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ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Must score from round the back of the goals.

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ORGANISATION

- 4v4. With/out GK. 2 Goals. 4 Cones
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much a possible.
- 3 points for a Goal.
- 1 point if you knock a cone over

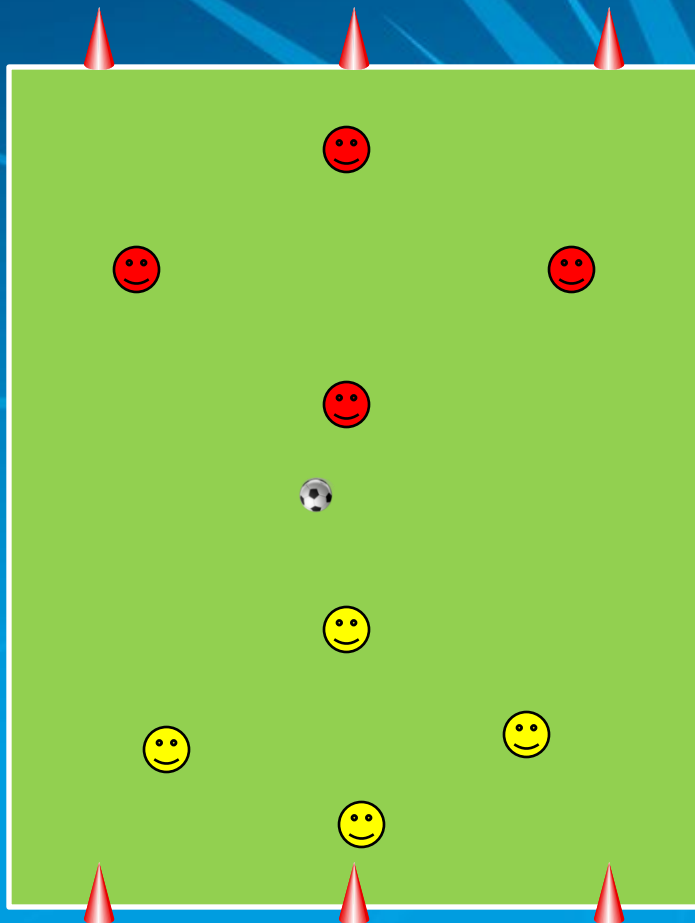
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ORGANISATION

- 4v4. With/out GK. 2 Goals. 4 Gates
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much a possible.
- 3 points for a Goal.
- 1 point run the ball through a gate.

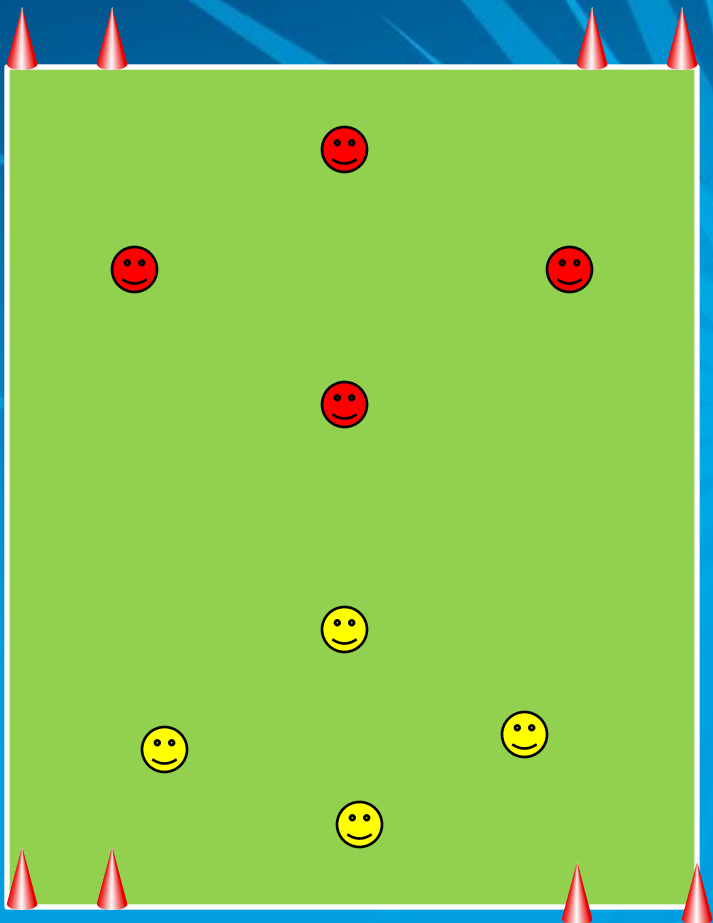
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ORGANISATION

- 4v4 With/Without GK 3 Cones each
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by hitting a cone.
- If you like you can remove the cone when its hit, this way giving the team in the lead less options to score.

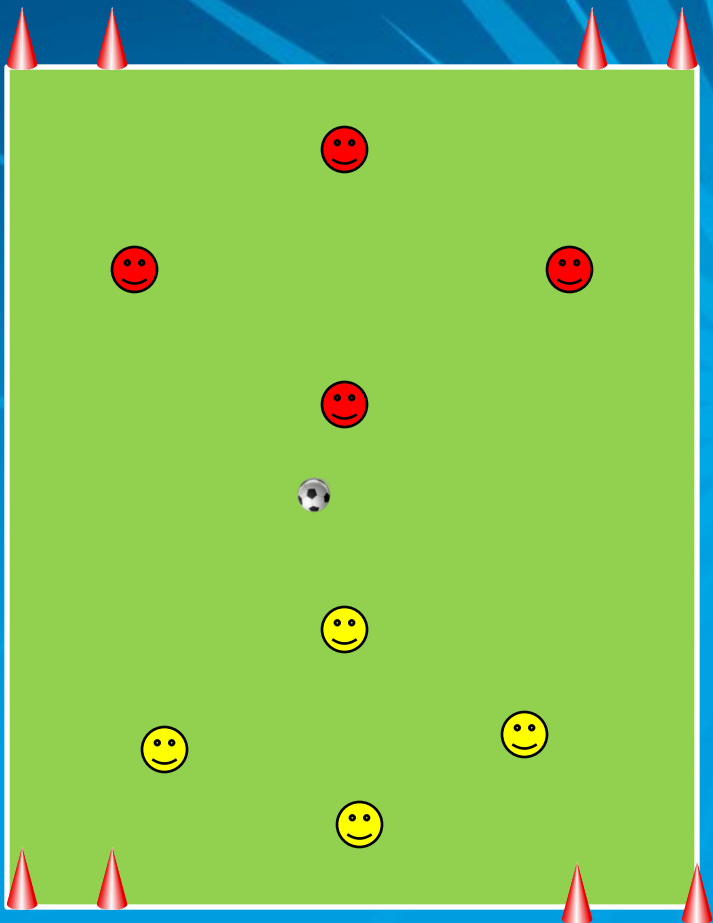
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ORGANISATION

- 4v4. With/Without GK. 4 Gates.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by running the ball through an opposition gate.

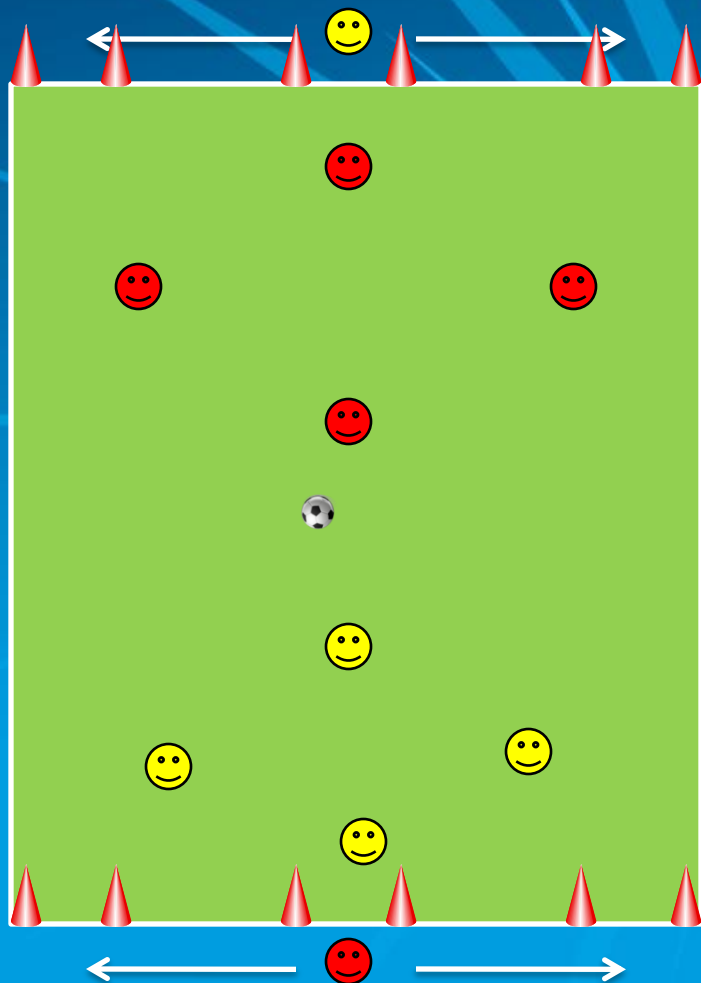
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ORGANISATION

- 4v4. With/Without GK. 4 Gates.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by passing the ball through an opposition gate.

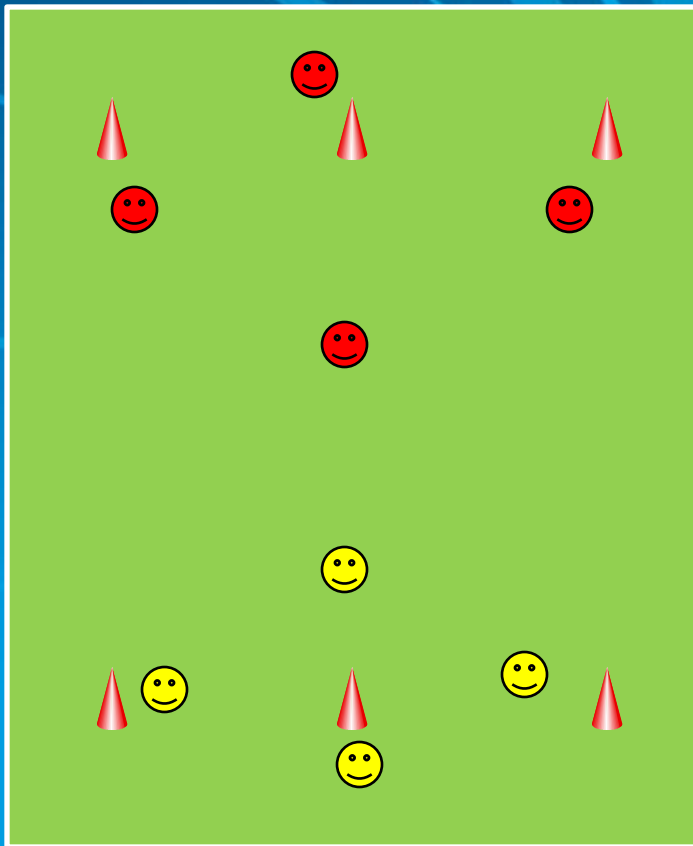
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ORGANISATION

- 4v4. With/Without GK. 4 Gates.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by passing the ball through an opposition gate to the target player, who must receive it for the goal to count.

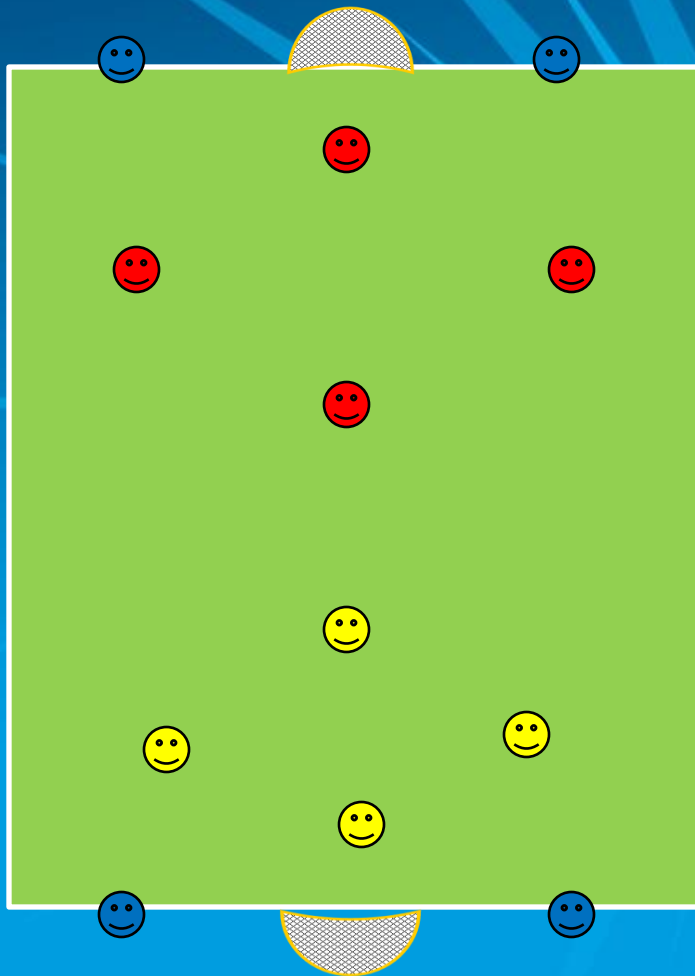
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ORGANISATION

- 4v4. With/Without GK. 3 Cones.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by hitting a cone.
- If you like you can remove the cone when its hit, this way giving the team in the lead less options to score.

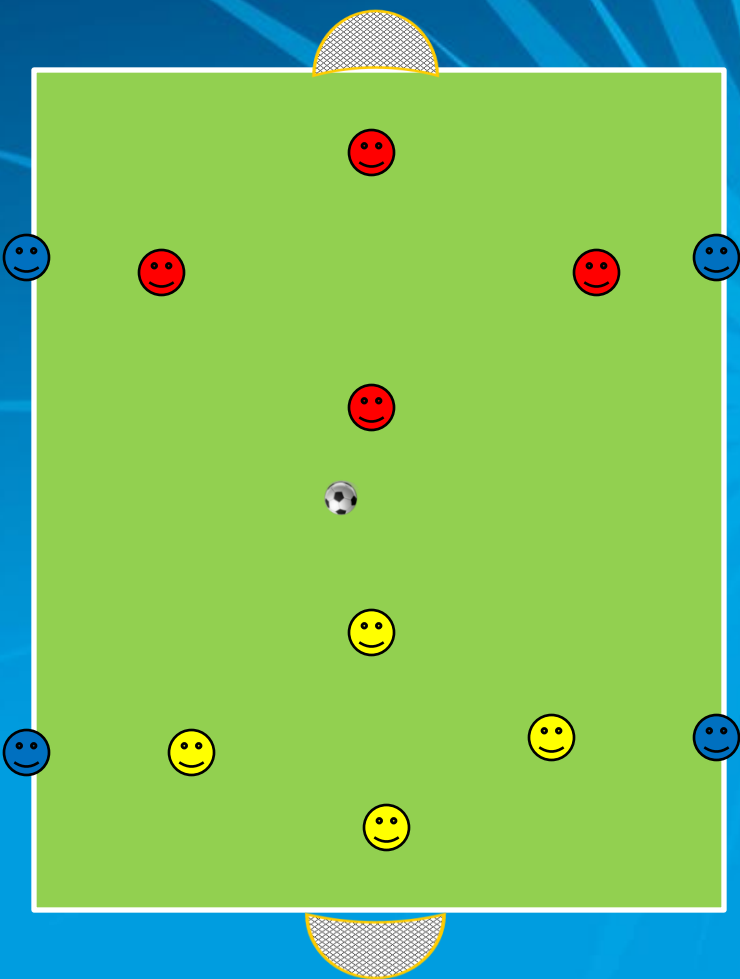
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ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You must pass the ball to a target player who then must return the ball to anyone on your team before you can score a goal.

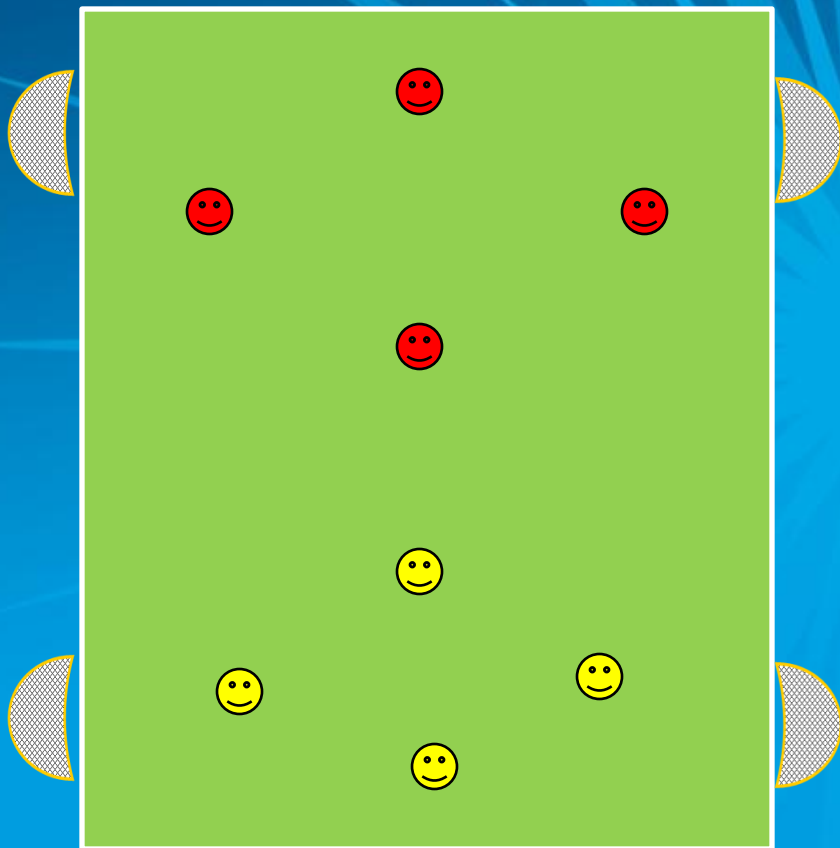
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You must pass the ball to a wide support player who then must return the ball to anyone on your team before you can score a goal.

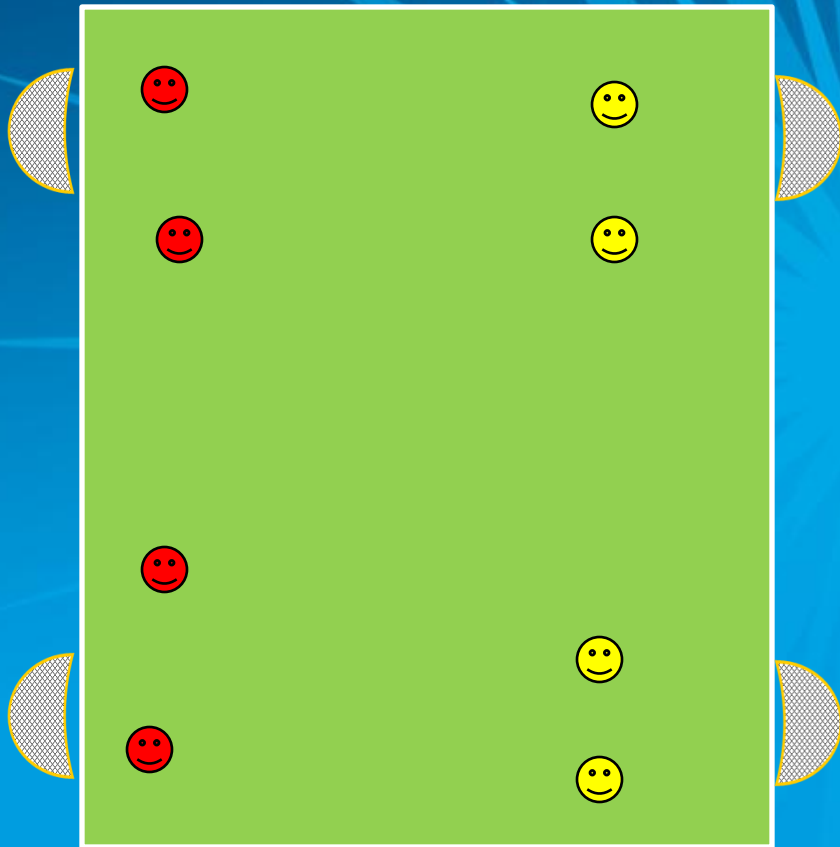
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ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends one end (both goals) and attacks the other.

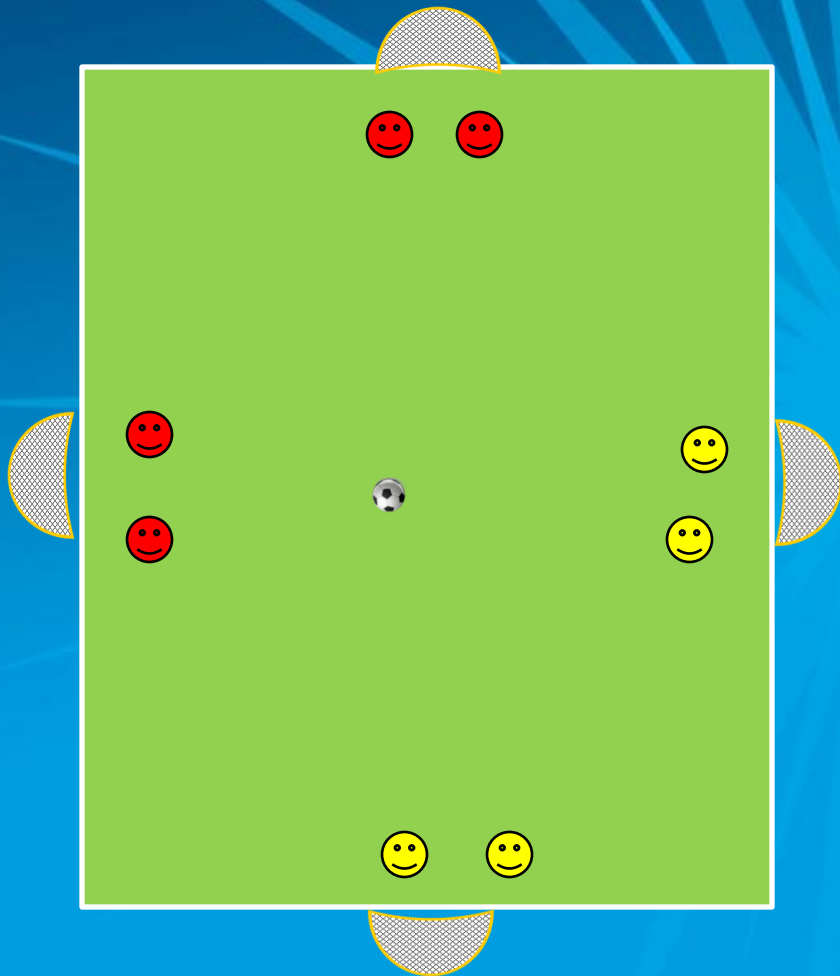
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends one side (both goals) and attacks the other.

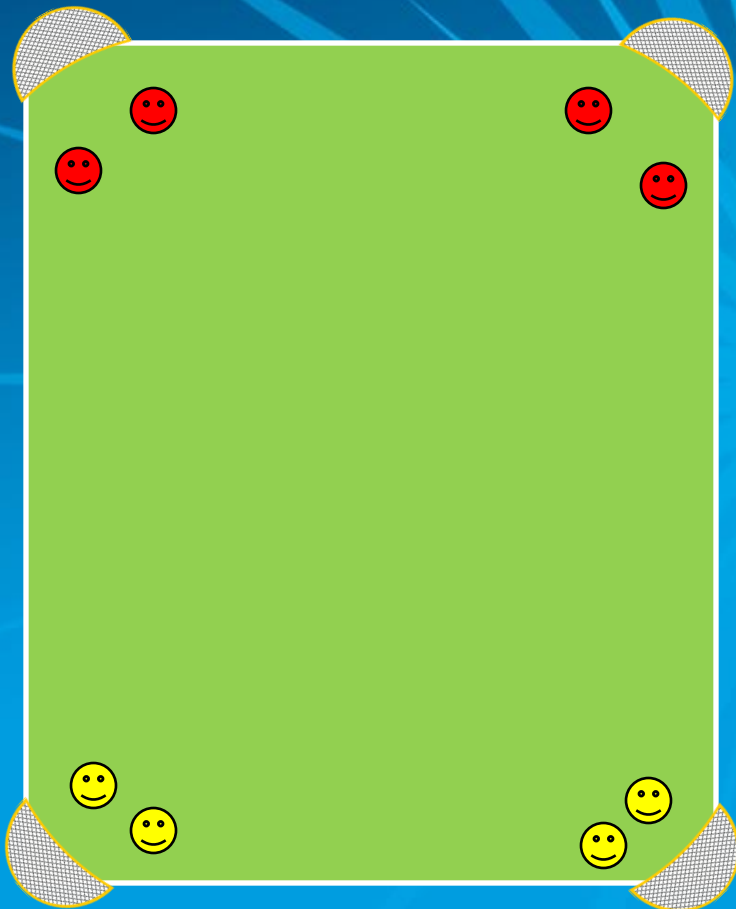
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends one corner (2 goals, 1 one the side & 1 on the end) and attacks the other.

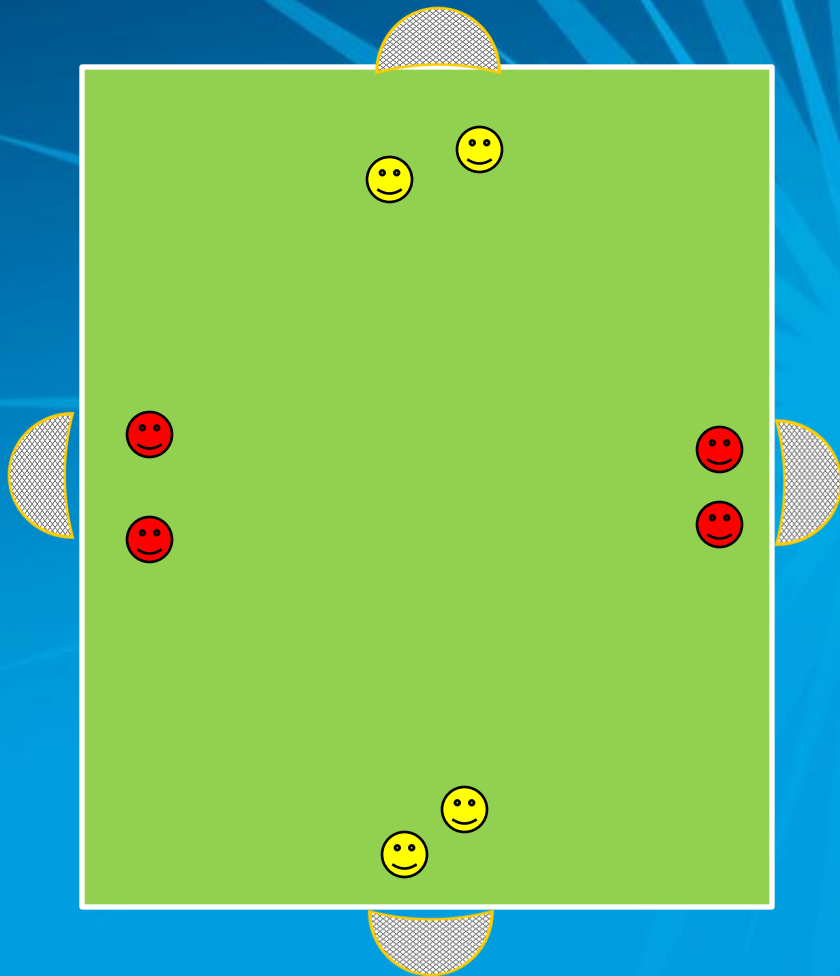
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends one end (both goals) and attacks the other.

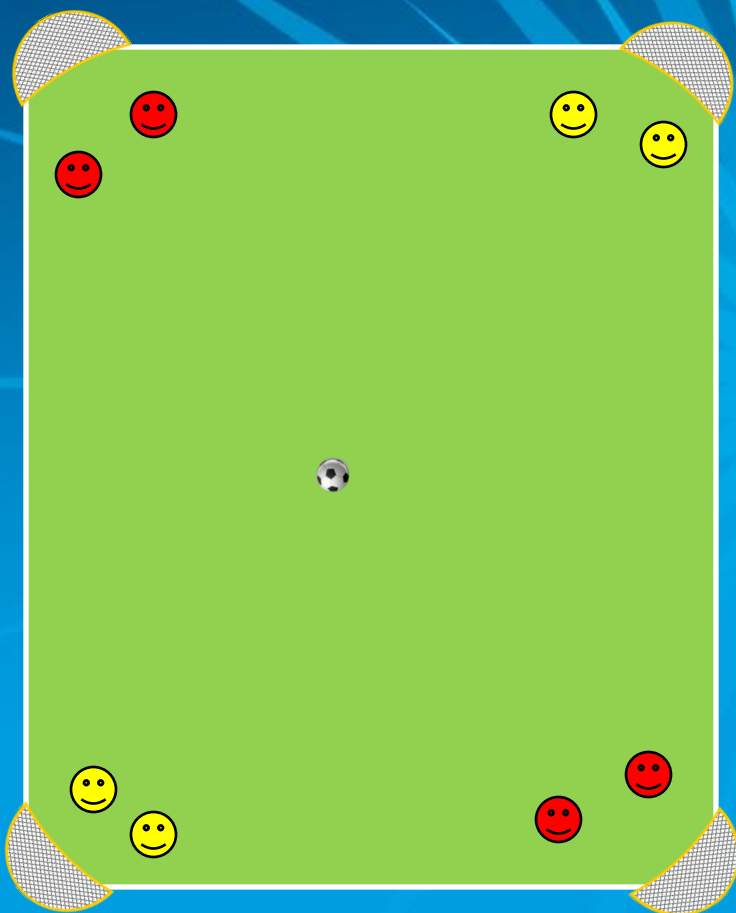
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ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends either the 2 sides, or the 2 ends, and attacks the other.

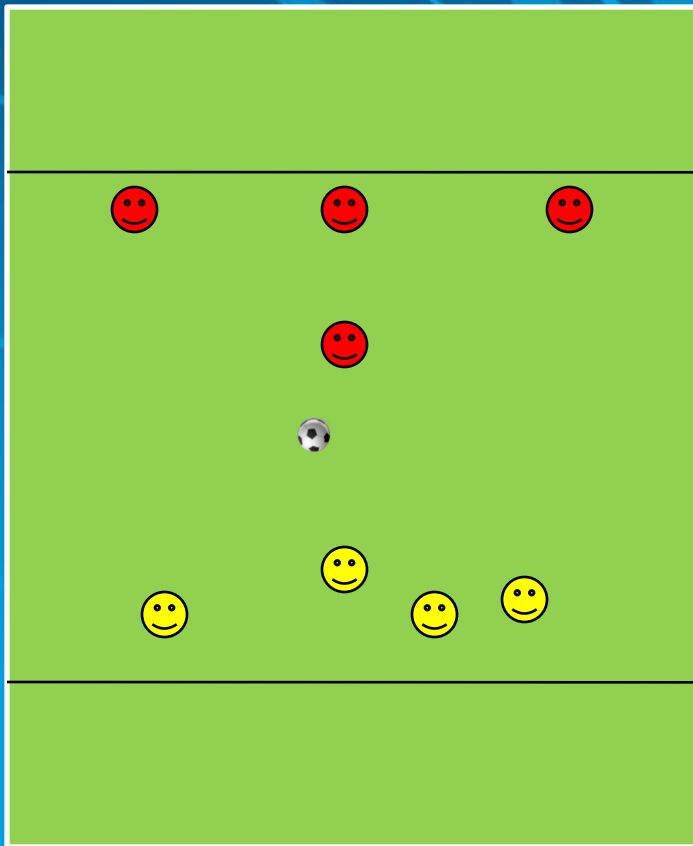
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Each team defends opposite corners and attackers the other 2 opposite corners, playing across the pitch.

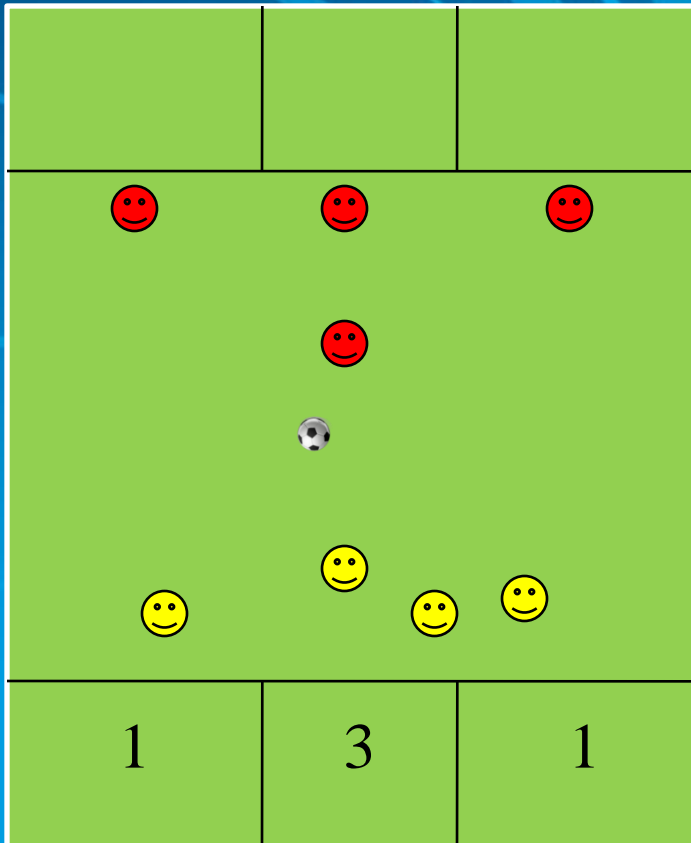
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Gates.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much a possible.
- You score a goal by stopping the ball in the end-zone like American Football.

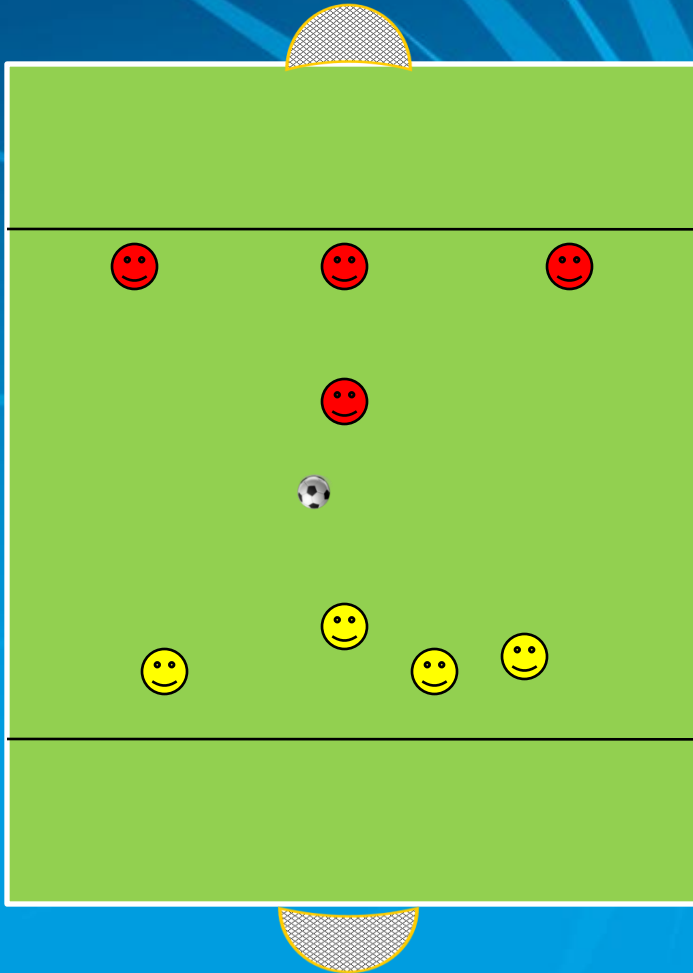
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 4 Gates.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You score a goal by stopping the ball in the end-zone like American Football. 3 points in the central area and 1 point if stopped in a wide area.

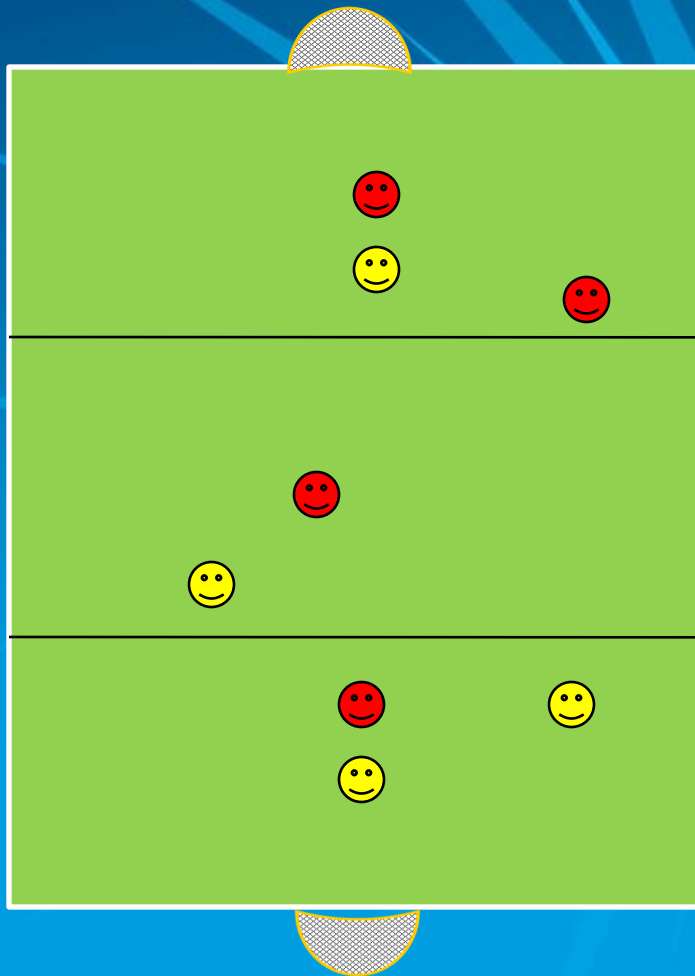
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You must be in the end-zone before you can shoot and score a goal.

SMALL SIDED GAMES



ORGANISATION

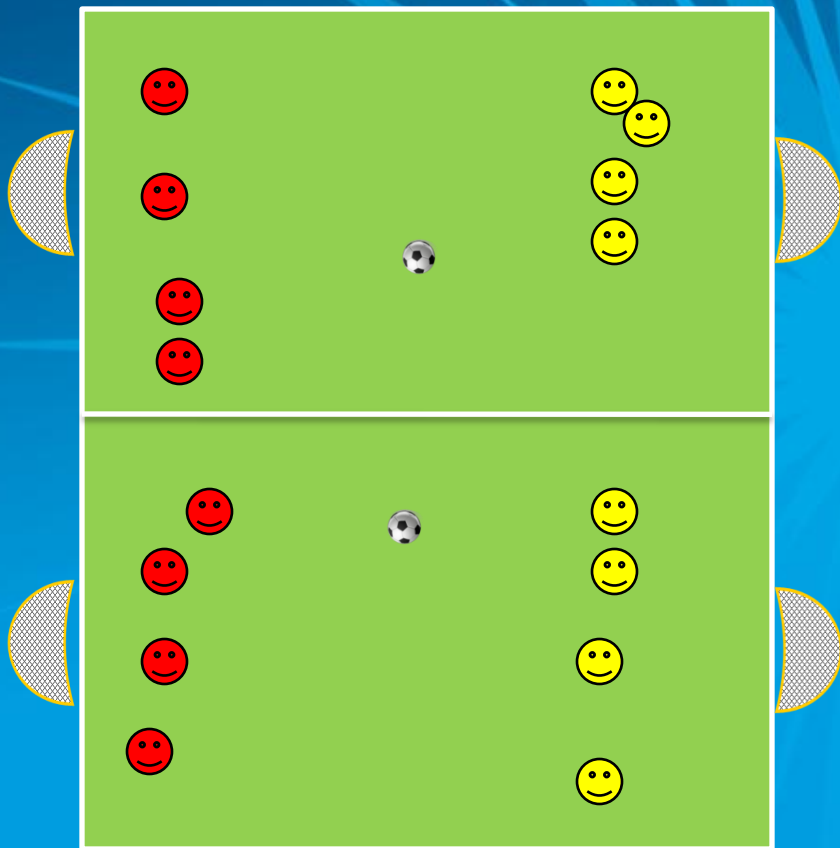
- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- No positional restrictions.
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- You must play through the 1/3's and final 1/3 before you can shoot and score a goal. You can't pass directly from the first 1/3 to the final 1/3.



SMALL SIDED GAMES

MULTI – PITCH
2 TEAMS

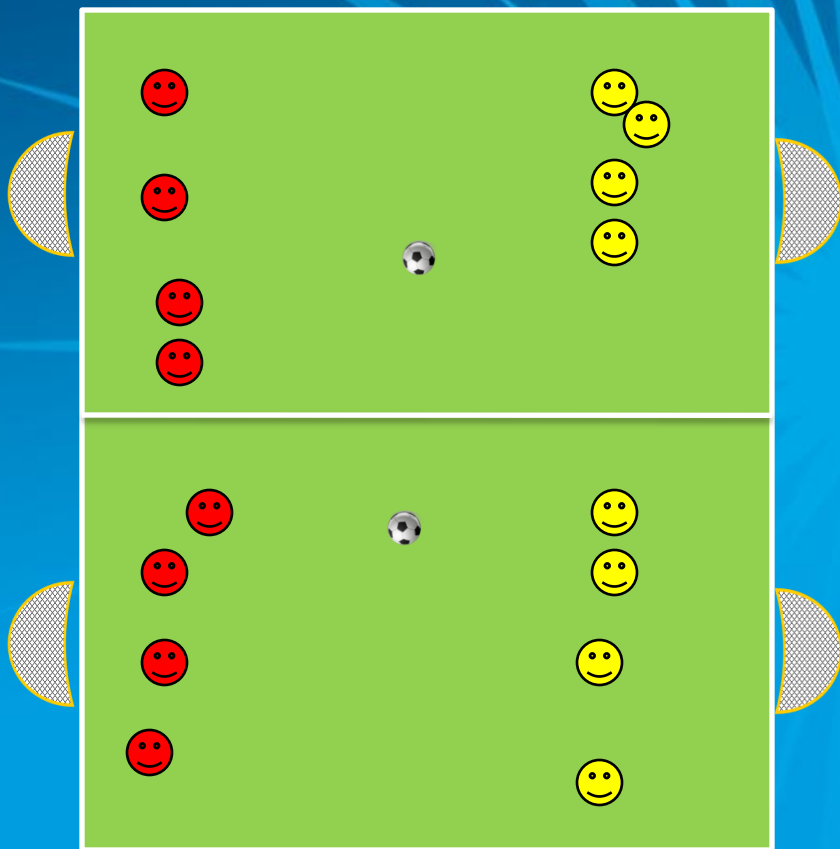
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 4 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Normal match but if a ball comes from the other pitch, just play on with it. Coach should make sure there's at least 1 ball on each pitch.

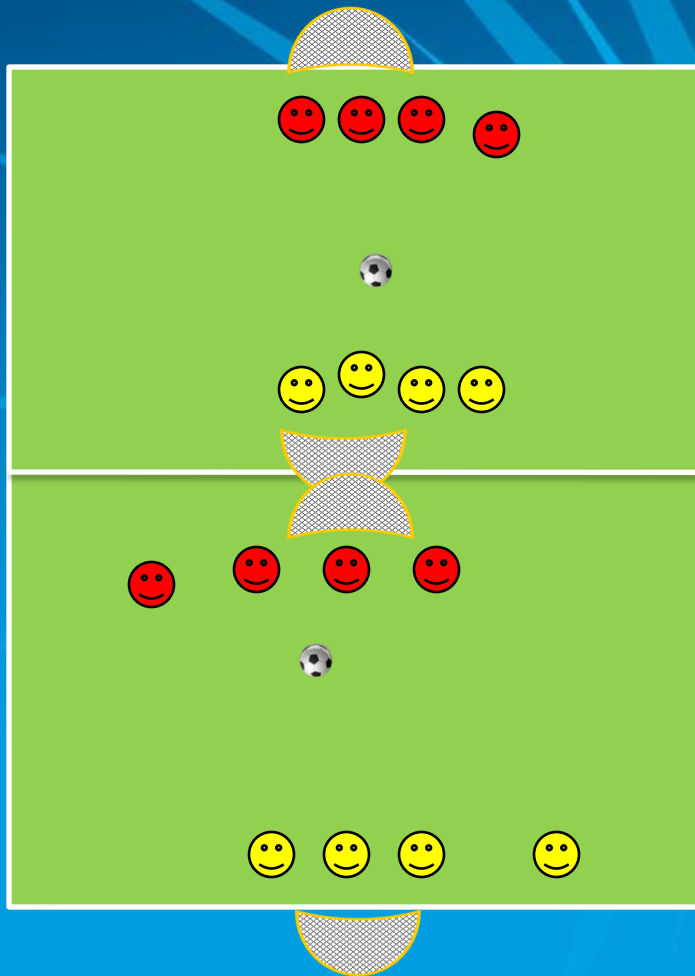
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 4 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Give every player a number on each team. When you call the number players must swap pitches.
- Normal match but if a ball comes from the other pitch, just play on with it. Coach should make sure there's at least 1 ball on each pitch.

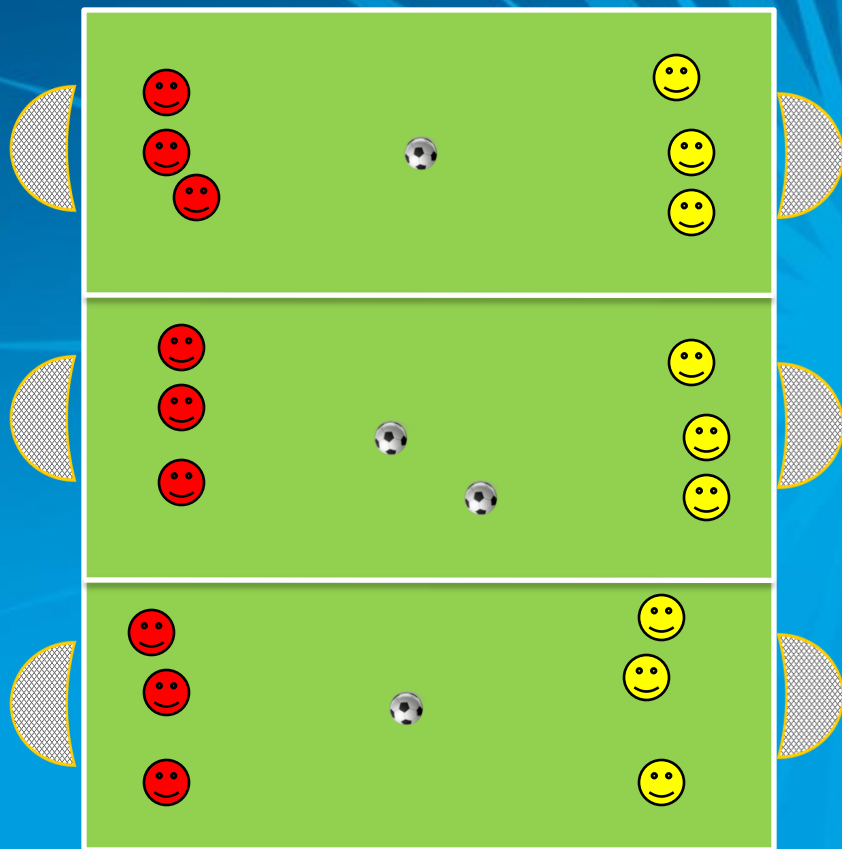
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 4 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Normal match but if a ball comes from the other pitch, just play on with it. Coach should make sure there's at least 1 ball on each pitch.

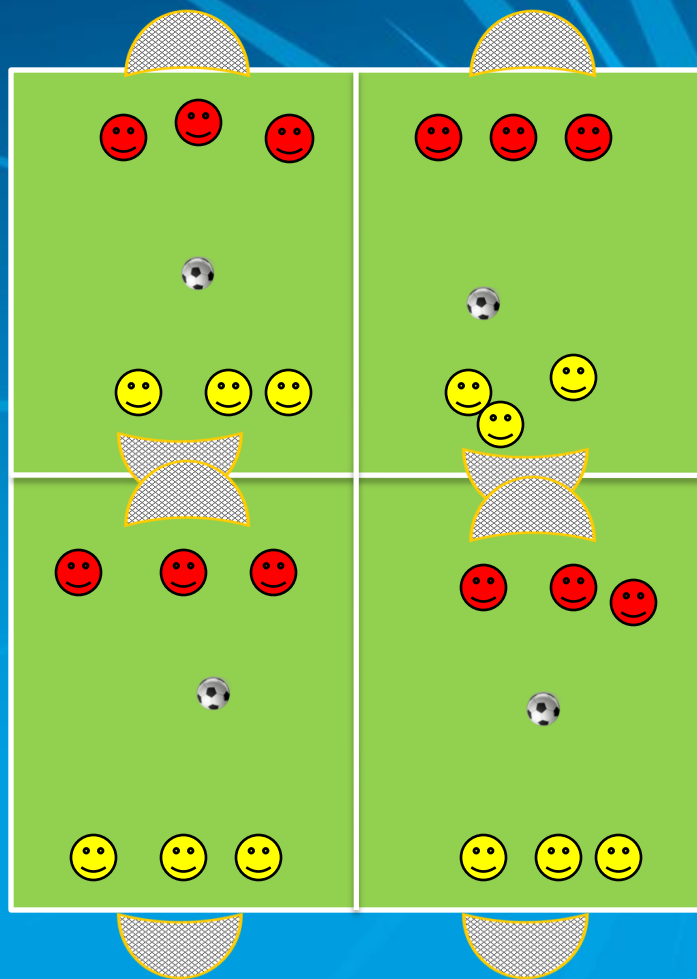
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ORGANISATION

- 3v3's. With/Without GK. 6 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Normal match but if a ball comes from another pitch, just play on with it. Coach should make sure there's at least 1 ball on each pitch.

SMALL SIDED GAMES



ORGANISATION

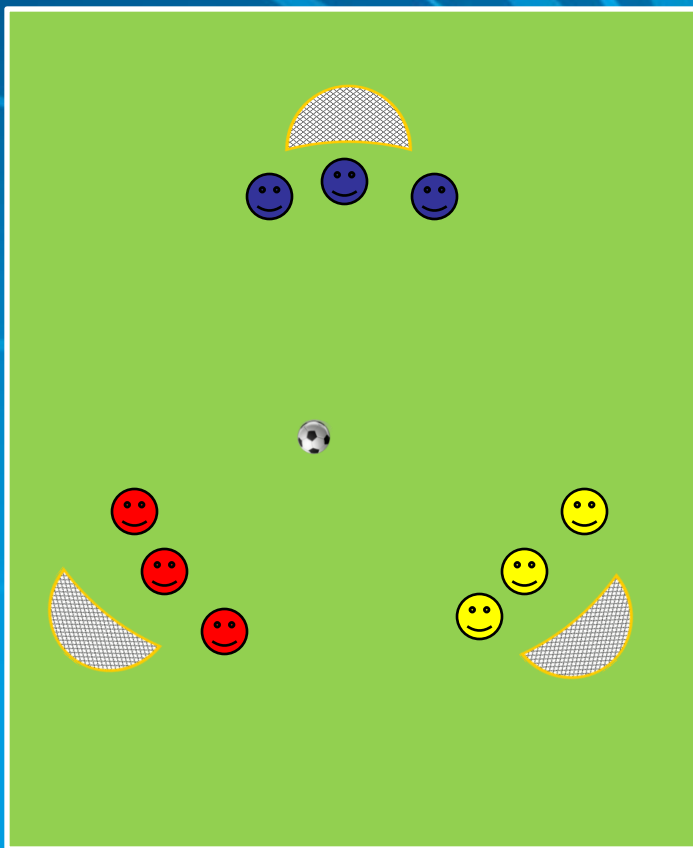
- 3v3's. With/Without GK. 8 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Normal match but if a ball comes from another pitch, just play on with it. Coach should make sure there's at least 1 ball on each pitch.



SMALL SIDED GAMES

1 PITCH
3 TEAMS

SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 3 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as if possible.
- Each team defends their own goal and attacks both others. Keep score by giving the scoring team a goal/by taking a goal off the conceding team.

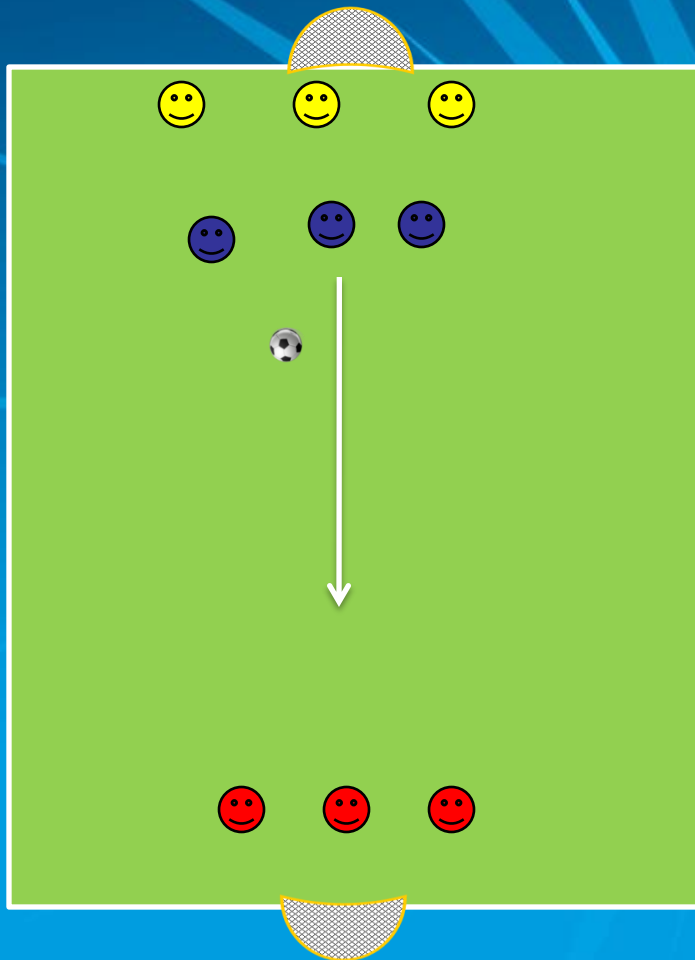
SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 3 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Each team defends their own goal and attacks both others. Keep score by giving the scoring team a goal/by taking a goal off the conceding team.
- Must get round the back to score.

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ORGANISATION

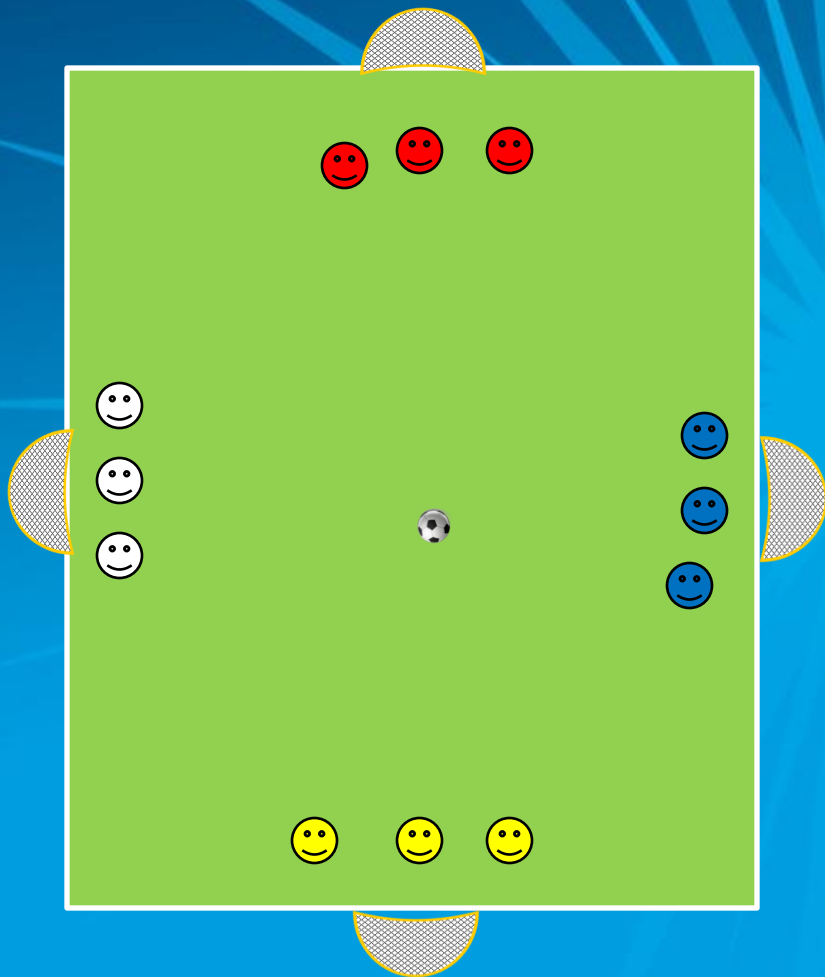
- 3v3's. With/Without GK. 8 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- 1 team (**B**) attacks another team (**R**). Which ever team comes out on top (**B**'s score/**R**'s win the ball) gets a ball off the coach/GK and attacks the other team (**Y**) who are waiting ready to defend the next attack.



SMALL SIDED GAMES

1 PITCH
4 TEAMS

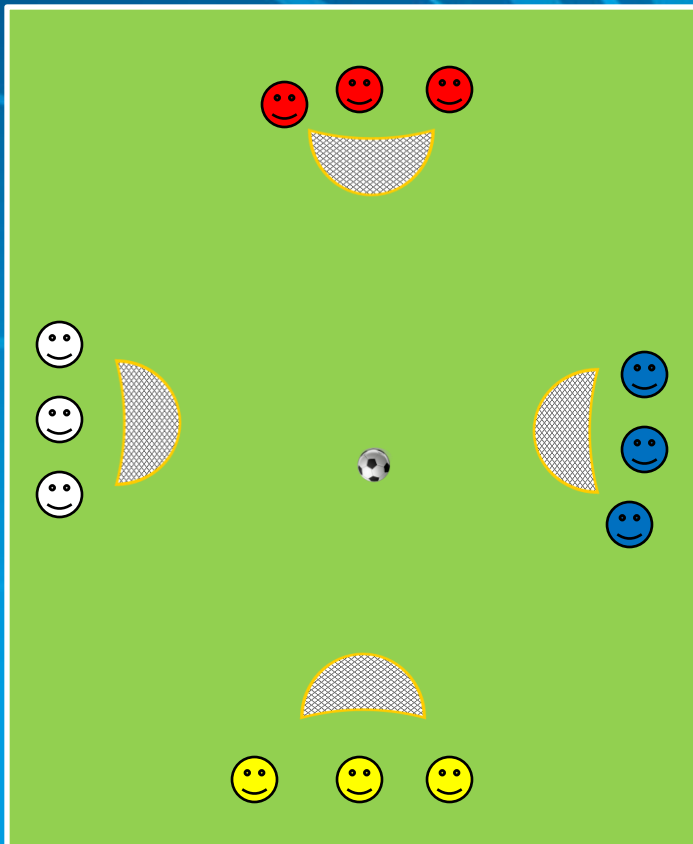
SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 4 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as if possible.
- Each team defends their own goal and attacks both others. Keep score by giving the scoring team a goal/by taking a goal off the conceding team.

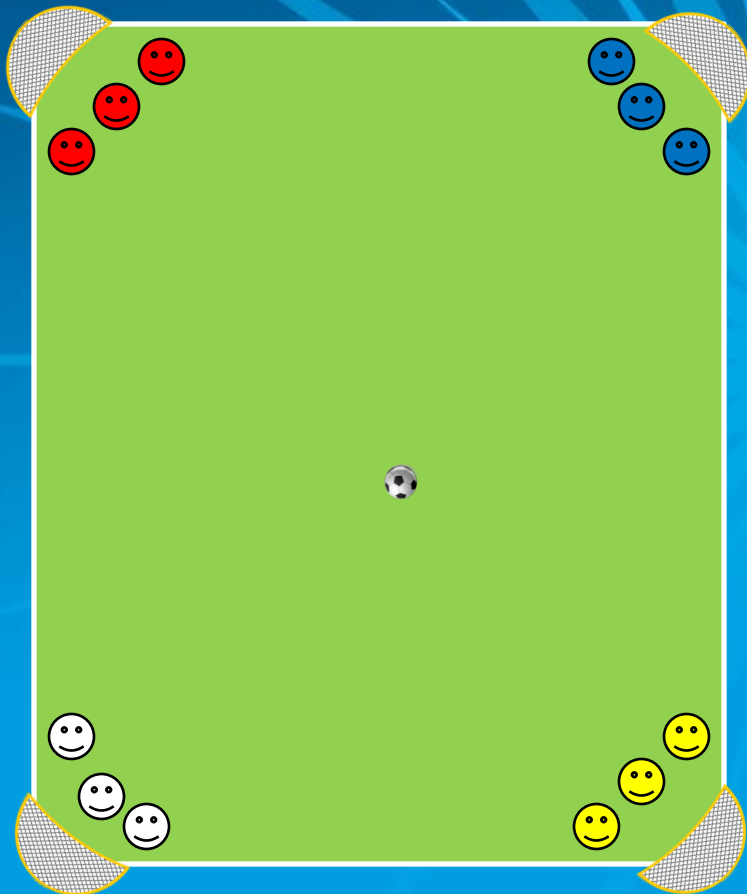
SMALL SIDED GAMES



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- Must get round the back to score.

SMALL SIDED GAMES



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SMALL SIDED GAMES



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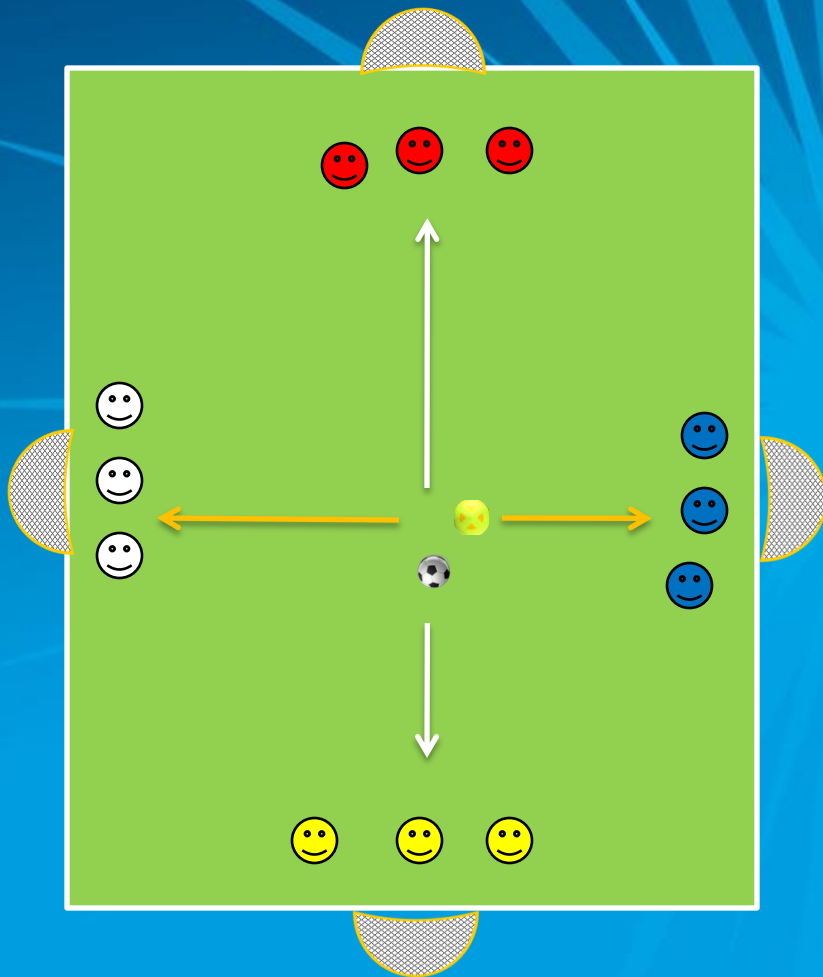
SMALL SIDED GAMES

1 PITCH



2 GAMES

4 TEAMS

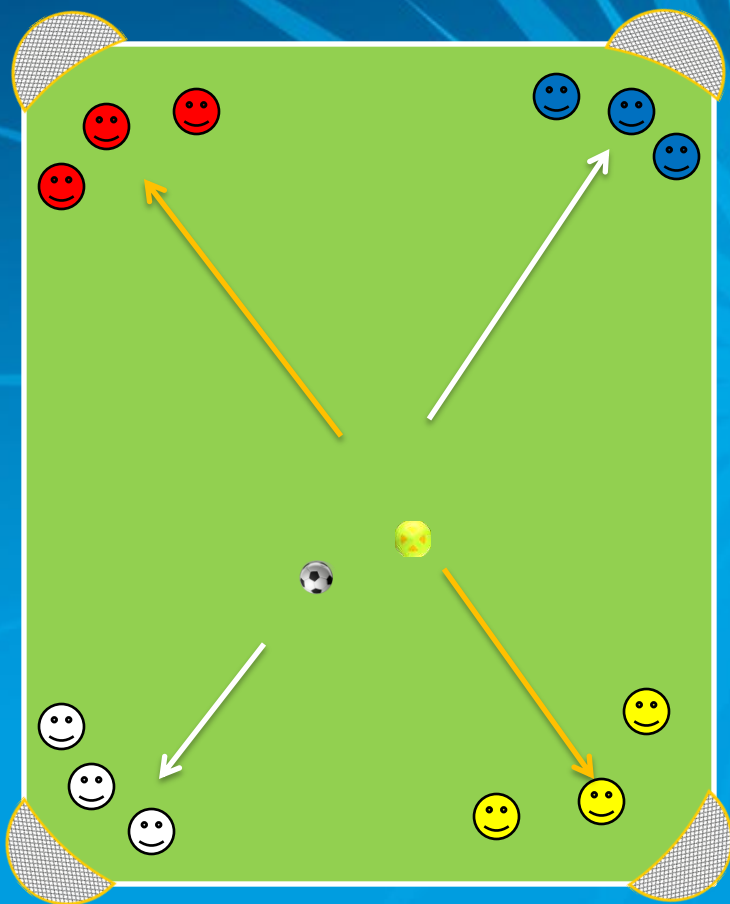
SMALL SIDED GAMES





ORGANISATION

- 3v3's. With/Without GK. 4 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Y & R are using the  only. They are defending the goal on their side and attacking the opposite goal.
- On the same pitch, playing their own game are W & B. They are only allowed to use .

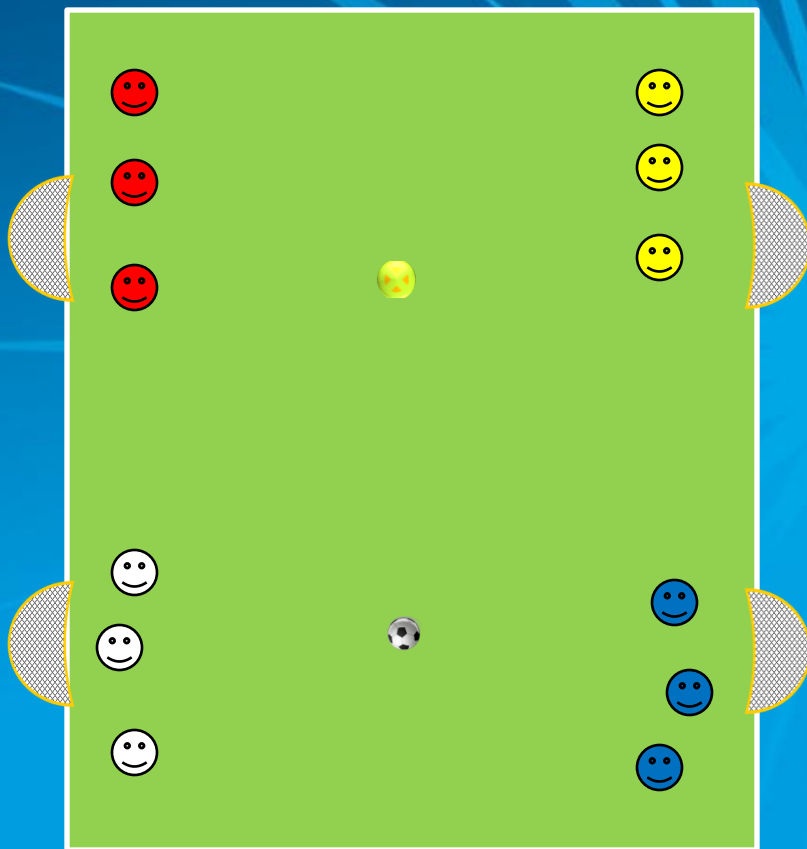
SMALL SIDED GAMES





ORGANISATION

- 3v3's. With/Without GK. 4 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Y & R are using the  only. They are defending the goal in their corner and attacking the opposite.
- On the same pitch, playing their own game are W & B. They are only allowed to use .

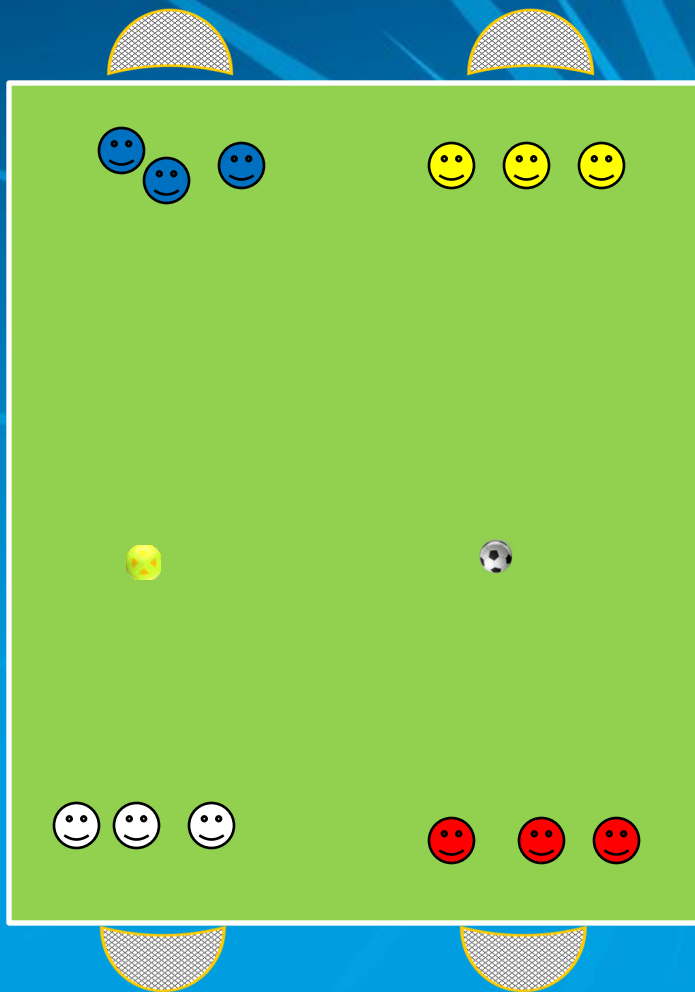
SMALL SIDED GAMES



ORGANISATION

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- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Y & R are using the  only. They are defending both goals on their side and attacking the opposite goals
- On the same pitch, playing their own game are W & B. They are only allowed to use .

SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 4 Goals.
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- Encourage children to referee and organise themselves if possible.
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SMALL SIDED GAMES

SAFE - ZONES

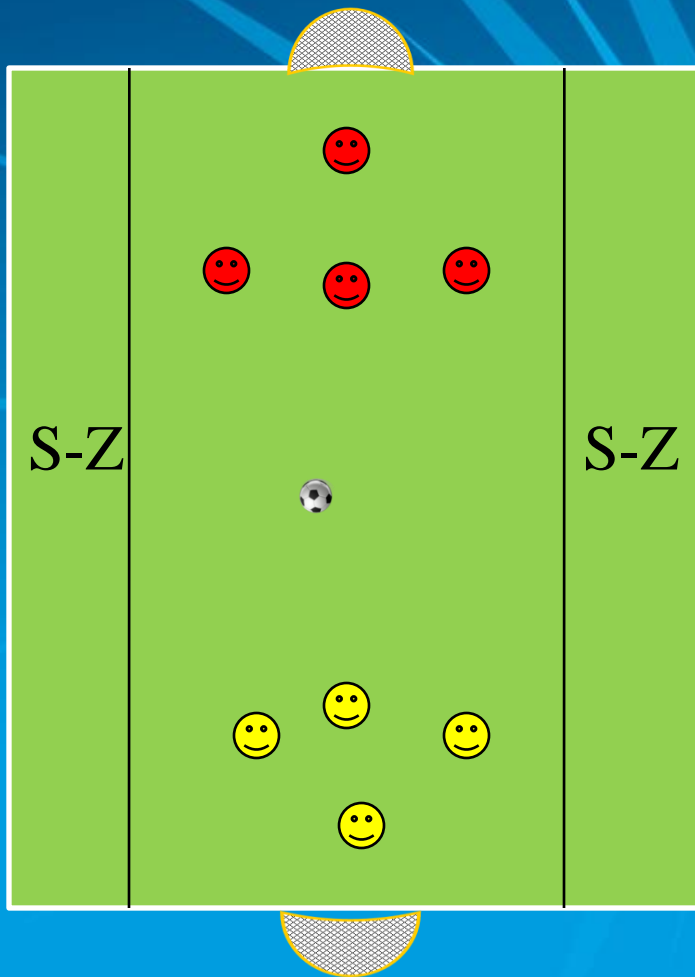


SMALL SIDED GAMES

- SAFE-ZONES

- SAFE-ZONES are an extra tool to use when looking to provide for each individual's needs.
- You create an unopposed area within an opposed situation which is especially useful when acquiring and applying specific techniques e.g. Crossing etc
- They can also be used to encourage certain styles of play or emphasising 'pockets' of space to receive the ball. E.g. between defence and midfield for 2nd striker.
- You can place a player who must remain in an area or create a zone where any participants can go into unopposed during open play.

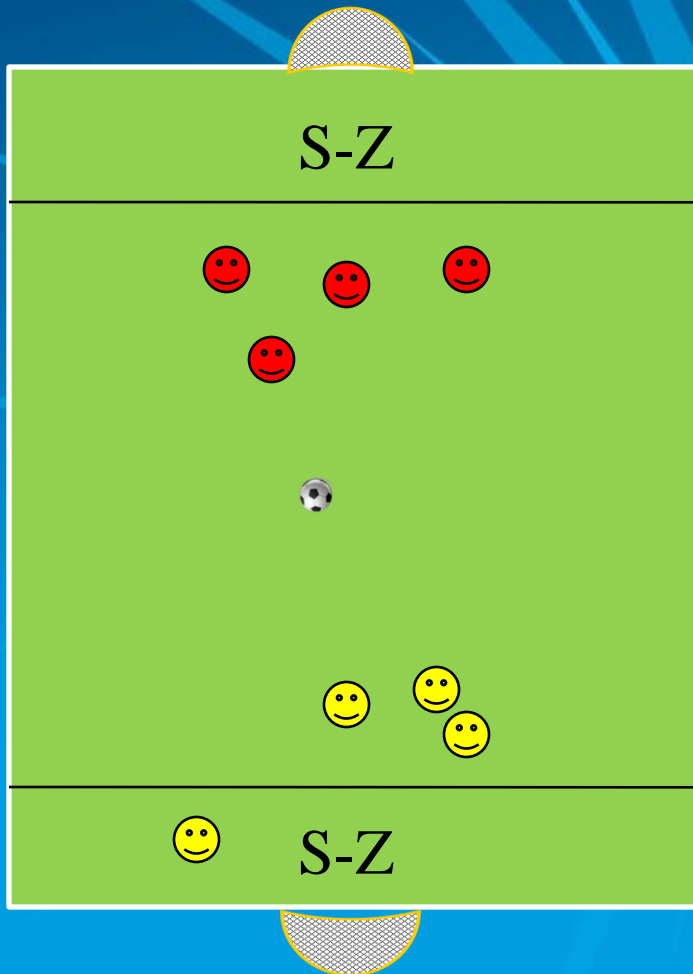
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Anyone of the team in possession of the ball can enter safe-zone.
- Defenders must not enter the S-Z.
- 3 goals if a player scores directly from a cross. 1 goal if not.

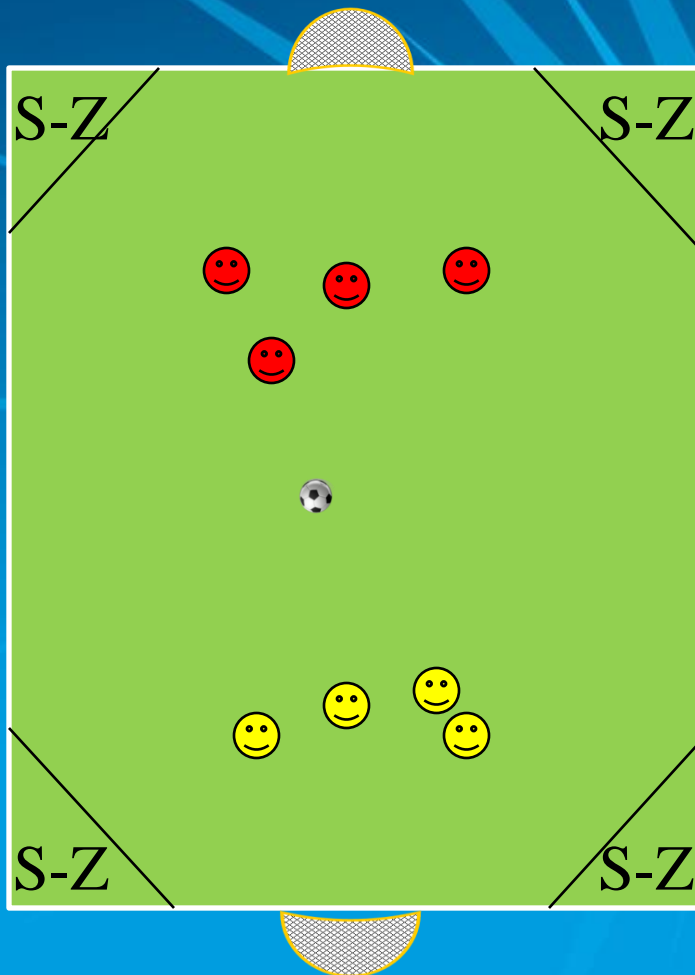
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Anyone of the team in possession of the ball can enter safe-zone. The defending team can't enter the S-Z to press the ball. The S-Z is at the end the team is defending.

SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Anyone of the team in possession of the ball can enter safe-zone.
- Defenders must not enter the S-Z.
- 3 goals if a player scores directly from a cross. 1 goal if not.



SMALL SIDED GAMES

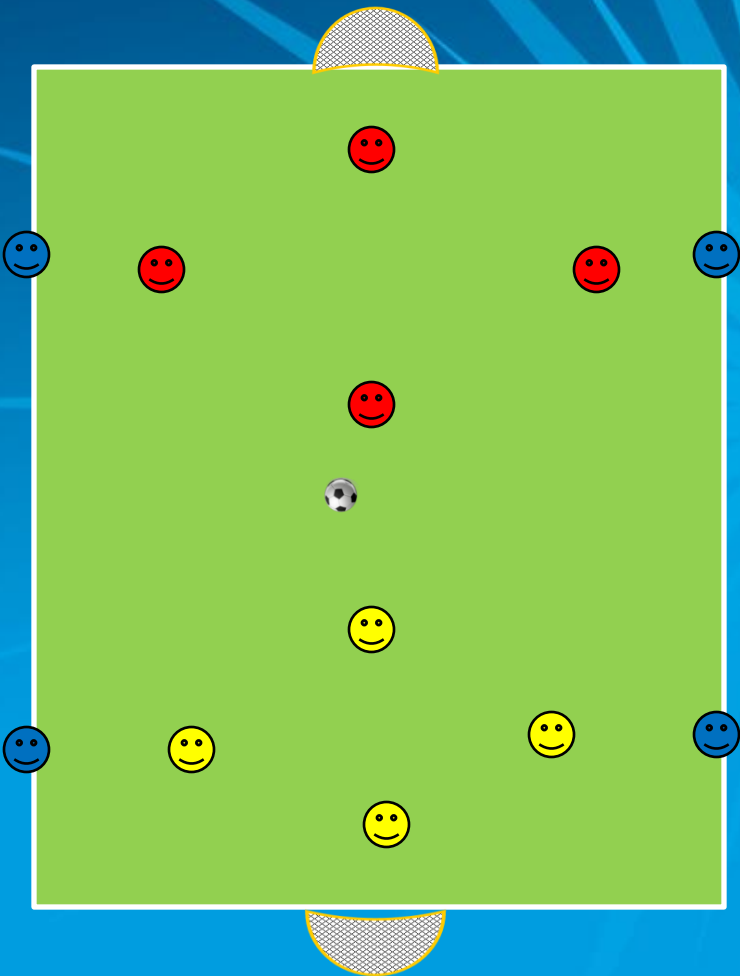
OVERLOADS



SMALL SIDED GAMES

- An Overload is when you create a situation where one team has got more players than the other. E.g. 5v3
- Overloads can be applied to change the difficulty of a session, bearing in mind if your making it easier for one team you'll be making it tougher for the other.
- An overload is ideal if you have odd numbers.
- An alternative way to overload is to have a neutral player who plays for whichever team has possession. This player is often known as a 'floater' or a 'support'
- You can apply overloads to almost every game situation

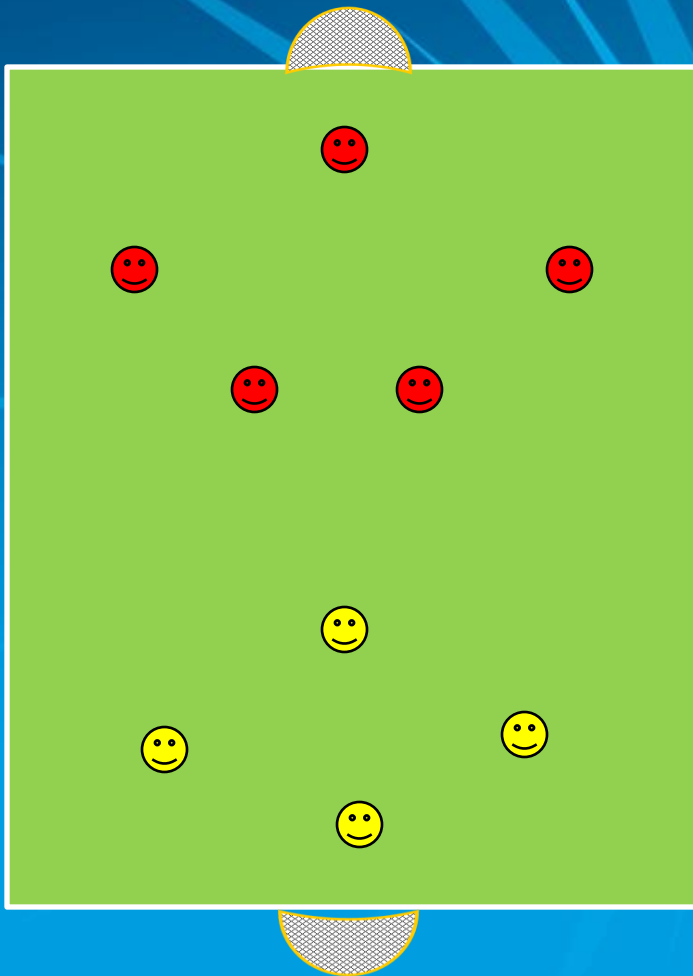
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- The players on the outside play for the team in possession of the ball.
- 3 goals if a player scores directly from a cross from a support player.
- 1 goal if scored another way.

SMALL SIDED GAMES




ORGANISATION

- 5v4. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Each team will have an extra player for one half of the game.
- Swap the extra man at half time.
- This could be used if you have odd numbers or if one team is stronger.

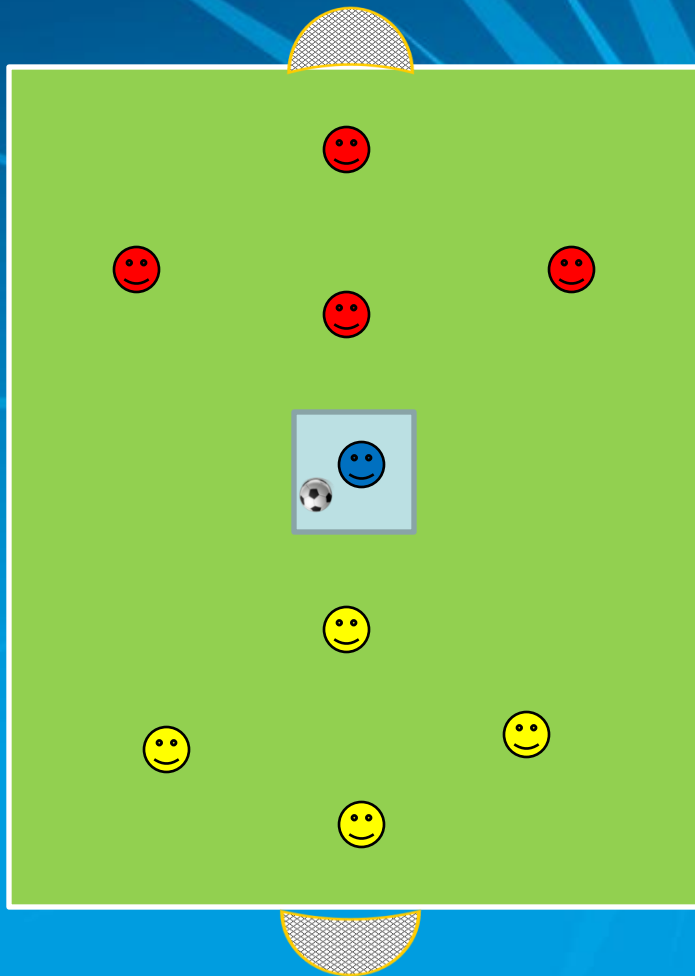
SMALL SIDED GAMES




ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- The 'support' player  plays for whichever team has possession.
- Depending on age/ability you might make it so the support player is/isn't allowed to score.

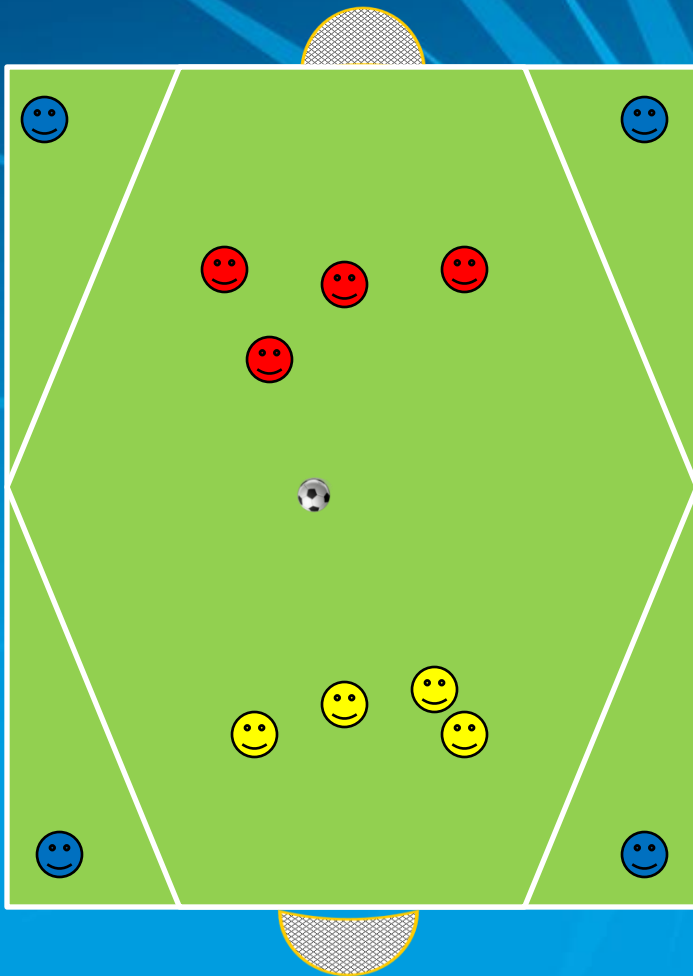
SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- The 'support' player  plays for whichever team has possession.
- Support player must remain in his safe-zone. Swap the support player so they don't get bored. You might give someone a rest.

SMALL SIDED GAMES



ORGANISATION

- 4v4's. With/Without GK. 2 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- The players on the outside play for the team in possession of the ball.
- 3 goals if a player scores directly from a cross from a support player.
- 1 goal if scored another way.



SMALL SIDED GAMES

PITCH SHAPE

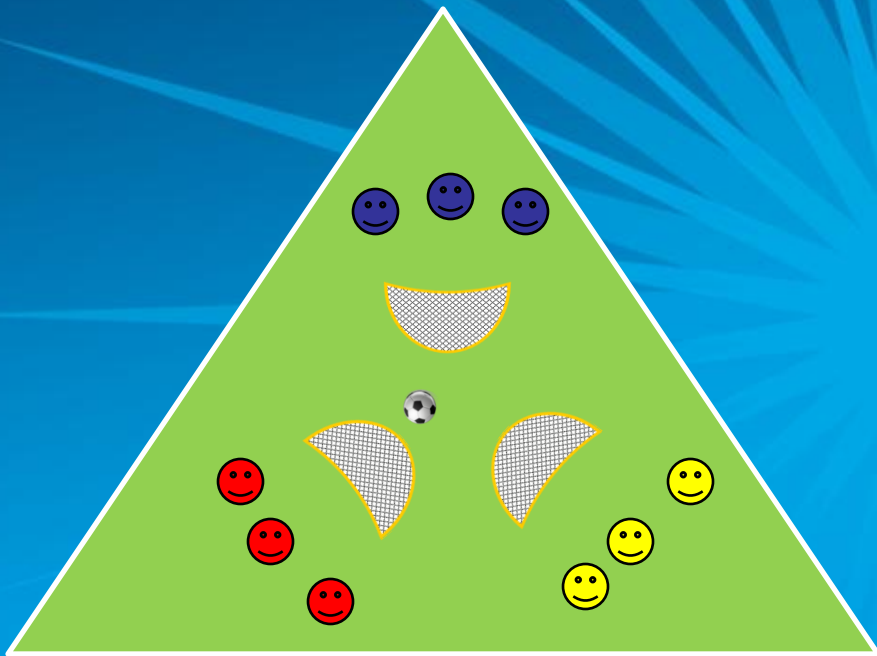
SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 3 Goals.
- Players must remain on their pitch
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as if possible.
- Each team defends their own goal and attacks both others. Keep score by giving the scoring team a goal/by taking a goal off the conceding team.

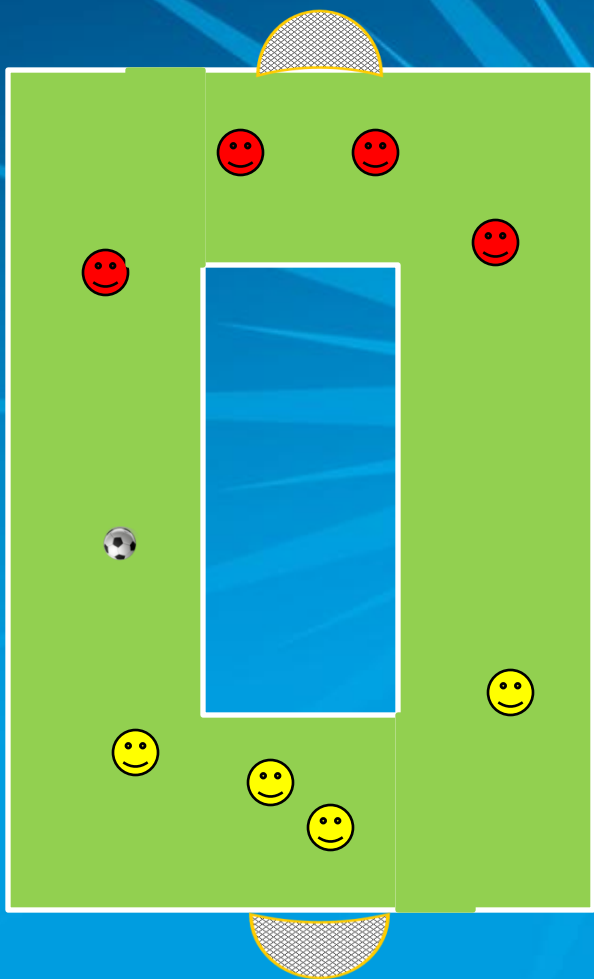
SMALL SIDED GAMES



ORGANISATION

- 3v3's. With/Without GK. 3 Goals.
- Must have spare balls on sideline
- Create a fun, fearless, expressive, experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves if possible.
- Each team defends their own goal and attacks both others. Keep score by giving the scoring team a goal/by taking a goal off the conceding team.
- Must get round the back to score.

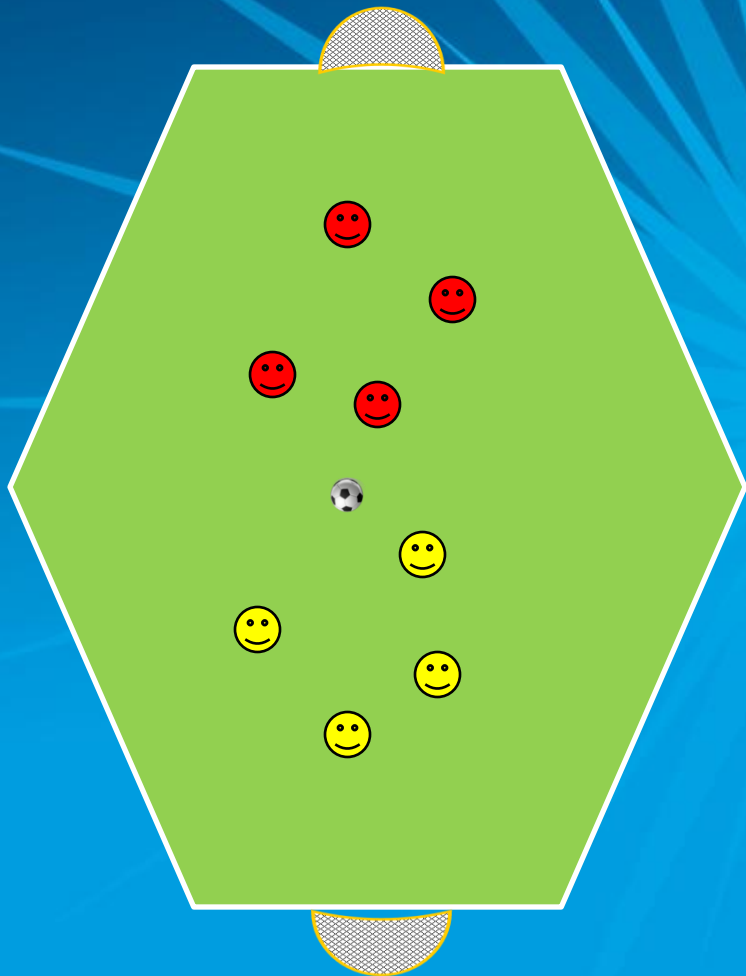
SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- Player must not go in the middle.
- The ball can be transferred over or across the middle area.
- Note: make the area wide enough to encourage dribbling/wing play.

SMALL SIDED GAMES



ORGANISATION

- 4v4. With/Without GK. 2 Goals.
- Pass in with feet when ball goes out
- Create a fun, fearless, expressive experimental environment.
- Differentiate through 'STEP'.
- Encourage children to referee and organise themselves as much as possible.
- This set up will restrict space around the goal area.
- There is still an option of width through the middle 1/3 of the pitch.



THE ENVIRONMENTAL TOOL BOX



ESTABLISH REALISTIC EXPECTATIONS
AND USE TIGHT OR LOOSE BOUNDRIES

GROUPS	MATCHING / LOADING OPTIONS	CONDITIONS
Individual players	Pair up in as many ways as possible	<u>Space</u> – Pitch size
Pairs (buddy up) Leading to 2 v 2 Option for uneven sides	Friends (often produces a miss-match)	<u>Time</u> – Opponent
Four in a group Leading to 4 v 4 Option for uneven sides	Body mass – Bigger / Smaller	<u>Accuracy</u> – Rules
Eight in a group Leading to 8 v 8 Option for uneven sides	Chronological age – Oldest / Youngest	Space / Time = Speed
Eleven in a group Leading to 11 v 11 Option for uneven sides	Understanding – Good / Poor	Team numbers
	Technique – Good / Poor	Players choices
	Positional – e.g. M/F v M/F	Coach decides
	Direct opponent – e.g. C/F v C/B	Consider - Frequency
	Experience – Lots / Little	Consider - Intensity
		Consider - Duration